

SCIENTIFIC FOOD PREPARATION MADE PLAIN

WHAT TO EAT AND HOW TO PREPARE IT

*Based on the Principles of Diet laid down by
Alfred W. McCann in "The Science of Eating."*

By ELIZABETH A. MONAGHAN

With a preface by SARAH GERTRUDE BANKS, M. D.

J Do you serve the great American meal, meat, bread and potatoes for dinner? Then you are feeding yourself and your family entirely on acids. Do you know which foods neutralize acids?

J Here is the simplest and most practical book written on the method of choosing your meals and the way to cook them so that none of the nutritive elements are wasted. Miss Monaghan explains the few basic rules of a balanced diet, provides varying menus, recipes and special diets for special cases. She devotes a chapter to the case of those of us who must eat in restaurants, a chapter to the girl who works, a chapter on weight control, a chapter on children.

J Health and ill-health depend on what you eat. Intelligent use of the practical advice given in this book will give you, your family, the incalculable advantage of physical fitness.

GEORGE H. DORAN COMPANY *Publishers* New York



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HOW TO PREPARE IT

ELIZABETH A. MONAGHAN

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WITH A PREFACE BY
SARAH GERTRUDE BANKS, M.D.

NEW  YORK
GEORGE H. DORAN COMPANY

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WHAT TO EAT AND HOW TO PREPARE IT. I

PRINTED IN THE UNITED STATES OF AMERICA

PREFACE

The relation of food to health is becoming more and more the subject of discussion and research among the medical profession. This because many diseases, the cause of which baffled science until recently, are now known to be the result of "food deficiency"; which means, not a lack of food, but a lack of the right kind of food, or of the right elements in the food obtained. How many more of the rapidly increasing ills of the race shall be traced and the cause definitely nailed to this same "food deficiency" remains to be learned. That there will be more we are satisfied. That many of the lesser ills which are today treated negligently are due to dietetic errors there can be no question.

Meantime the only safeguard against the numerous packages of "foodless foods" with which the market is flooded is a knowledge of what *is* food; what elements are positively essential to the nourishment and functioning of the human body; what happens when these elements constitute a portion of the daily dietary and what happens when they do not. Only such foods as contain these elements—at least in some small degree—can be rightly classed as "Foods." The best and most complete foods being

obviously those which contain all the elements in approximately the right proportion.

This little book places such knowledge within the easy grasp of every reader with a clearness which is simplicity itself. Miss Monaghan has given not only a clear vision on the subject of food and what *is* food; she has taught how to select, combine and prepare it. She has told not only *what* to do but with equal deftness *how* to do it. Her book should be an inspiration to every housewife. It would be well if every mother in the land could have a copy and live thereby.

Forty years ago there was less imperative need for such knowledge. Natural foods were easier to obtain. We thrived on these natural foods without knowing why, nor needing to know. Throughout a long and very active practice I have seen and noted the results of both the old and new methods of living. Malnutrition with its consequent evils has kept steady pace with the refinement of foods.

Today with our splendid knowledge of sanitation and the prevention of contagious diseases (knowledge which was not ours in the early days), we are threatened with an evil which is more deadly because it is stealthy. It does not strike us down and rouse us to fight it. It robs us a little at a time, leaving us easy prey to every ill. Thus we lose sight of the cause. Malnutrition has many phases.

Food refinement began innocently enough. It has been carried too far. "Food deficiency disease"

started investigation and experimentation. The findings of Dr. Henry C. Sherman of Columbia University and of other men of equal courage and repute cannot be questioned.

It makes no difference whether food is "fine" or "coarse." It does make a difference whether or not it contains the elements necessary to life and health. "Refining" food robs it of these elements.

Alfred W. McCann's book has done much to open the eyes of the public on this subject. Miss Monaghan in the following pages has made this knowledge practical and applicable in the home. The urge to greater simplicity in diet is also a stride in the right direction. Her carefully outlined plan, if earnestly followed, cannot fail to bring results in better health.

SARAH GERTRUDE BANKS, M.D.

INTRODUCTION

This little book is the outgrowth of the writer's enthusiasm over Mr. McCann's remarkable work on dietetics—"The Science of Eating." It is designed to be a help to those who have also read his book and who desire to plan their dietary in accordance with his findings.

It is, therefore, assumed that all who consult these suggestions are already familiar with the astounding facts unveiled through the pages of "The Science of Eating."

The recipes given are very simple and old-fashioned. The effort has been to get away from fancy perverted habits of eating. They will possess their greatest value to those who are thoroughly familiar with the points given in Chapters I and II and who therefore clearly understand the *Reason* for conserving *all* the food value in *all* of our food. Values which have been so wantonly destroyed.

After having spent twelve of the best years of my life fighting for my health and having put myself on my feet by a study of food value, it is no wonder that I feel an enthusiasm and a desire to pass the good word along. It is very pleasant to be complimented everywhere I go on the change in my appearance; but the thing which really counts is the

wonderful feeling of vitality which is my actual possession.

Mr. McCann's book pointed out to me so clearly and forcefully the *cause* of my low resistance and lack of vitality and made the Remedy so simple and easy to follow that I became imbued with enthusiasm and preached its gospel to all of my friends—especially those who had children or any illness in the family. Again and again I put this gospel to the test with undernourished children or ailing friends and always with the most beneficial results. Invariably from these I was deluged with a list of questions—How?—Why?—Where?

Dozens of times these tests and discussions took place before the thought came to me to compile these recipes and suggestions into this little book.

It is not that there are any difficulties to be met in preparing our food in this new (old) way, but we are all creatures of habit and any change of routine is always upsetting.

The new routine (with its definite health-giving *reasons*) when once established will be found even easier than the old.

This little book then is designed to act as a bridge between the old routine and the new; making the step over easier, requiring less personal thought.

E. A. M.

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PART I
THE NEED AND ITS REMEDY

WHAT TO EAT AND HOW TO PREPARE IT

I

THE CORNER STONES OF THE NEW ROUTINE

FIRST CORNER STONE

The suggestions and directions given in the pages which follow are for the mothers and housewives. For those on whose shoulders rests the responsibility of feeding the family. It is necessary, however, before undertaking these practical lessons to know exactly to what end you are working—and why.

For this purpose let us take "The Science of Eating" and from its unlimited fund of information separate two central facts to serve as the foundation stones of our dietary. Get a thorough knowledge of these two corner stones and you can't go wrong in preparing menus which will make your children strong and *keep them strong*.

The first of these "Central Facts" is found in the chapter on "Dust thou art and unto dust thou shalt return"—pages 55 and 61, where we are told forci-

bly what we have all known in a hazy sort of way—viz.:—

There are sixteen minerals designed by the Almighty as the food elements of the vegetable and animal kingdoms.

There can be no doubt about this for these sixteen minerals are found repeating themselves all through nature. Analyze chemically a handful of earth or a glass of milk or an egg or a grain of wheat or even your own body. You will find the same sixteen elements. How came they there? Through food—and food alone. Their presence in the right proportion spells health. Their absence spells low resistance, sickness and even death.

We can't absorb these minerals from the earth as found there.

The plant absorbs them from the earth. We get them from the plant as food.

These sixteen elements are just as necessary for the growth and health of our bodies as they are necessary for the growth and life of the plant.

When a farmer reaps a crop he knows that said crop has taken from the soil certain food elements. Before planting another crop he replaces those elements to the soil by means of a fertilizer. Why? Because he knows that without these minerals his next crop will not thrive.

Yet we intelligent (?) humans have been preparing and eating our food to please our palates only with no thought whatever of the mineral elements

necessary to sustain our bodies in a state of health.

Through our ignorance we have lost these precious minerals in two ways:

1st. By our methods of cookery we have boiled them out of our vegetables and thrown the water containing the minerals down the sink.

2nd. The millers have removed them from our grains.

Wheat—i.e., the entire wheat berry—the grain—contains the whole sixteen minerals. Yet in the milling of white flour three-quarters of these building materials have been removed.

Our white bread contains *no* food value. This is also true of white rice and of all denatured cereals. It has been positively proven that the removal of these minerals is the cause of malnutrition among children and the primary cause of all our illnesses. Hence:

It is our plan now to obtain and use meal made from the whole grain and to so prepare our food as to conserve all the food value.

This is the basis for our new routine.

SECOND CORNER STONE

The second "Central Fact" which we must thoroughly learn to have it serve as our second corner stone will be found in the chapter on "Bases and Acids in Food" (pp. 142 and 155, "Science of Eating").

In this for the sake of clearness we are given an illustration with which we are all familiar, viz.:—

Dissolve some baking soda and stir into it some cream of tartar (or molasses or vinegar). Instantly they bubble and froth.

The cream of tartar (or vinegar) is an acid, the baking soda is an alkali. (In the mixing of the two we call the alkali the “base.”)

When the two come together they fight it out until they neutralize each other.

Some acids are very strong, others are feeble, but *all* acids are neutralized when brought in contact with “bases” (alkalis).

This point is *very important*.

Bases and acids neutralize each other and this process of neutralization is constantly going on in our bodies.

Our bodies are constantly manufacturing acids. There must be bases enough in our food to neutralize them.

Certain of our foods are acid-forming. Others are base-forming. If these are properly balanced all is well—but it is clear that if we eat an acid-forming food and another and another acid-forming food without sufficient alkaline or base-forming food trouble must ensue.

Unless the acids manufactured in our bodies are neutralized by bases a condition of Acidosis is brought about.

Acidosis is the primary cause of nine-tenths of our illnesses.

Acidosis is sometimes called anemia, sometimes neuritis, nervous breakdown, etc. The *form* it takes makes little difference. The *cause* is the same.

All foods as found in nature are "balanced" (containing *both* acid and base forming elements).

But the bases are always mineral and when we have wasted our minerals in the way hereintofore described we have thrown away our bases and have left only the acid-forming elements. Thus:—

Whole wheat is "balanced." White flour is acid-forming.

Baked potatoes are "balanced." Boiled potatoes are acid-forming.

In both instances we have lost the minerals by methods of milling or cooking.

This is what we are planning to avoid.

Now—we can sum up our knowledge of our two corner stones in this one sentence:

We will conserve our minerals by cooking our vegetables more sanely and by insisting on meal made from the whole grain.

And we must have our food properly balanced as to acids and bases.

THE CORNER STONES

1st. CONSERVE THE MINERALS.

2nd. BALANCE THE ACIDS.

II

THE NECESSITY FOR THE CHANGE

There is also a third Big Fact to present to your intelligence before you are well launched and that is:—

Why are these mineral elements necessary to sustain the body in a state of health?

It is not enough to be presented with an arbitrary rule. The intelligence demands a *Reason* for that rule.

All knowledge comes in waves. The knowledge of the existence of germs was given to us only fifty years ago—by Pasteur.

Previous to that time the world knew frightful epidemics of disease—unchecked through their ignorance of the cause.

Fifty years from now our children will have taken steps to prevent the food manufacturers from juggling with our food. And they will know why.

In order that you may see it clearly now, concentrate your mind on the following sequence:

Germs feed on dead tissue.

Their purpose on the earth is to decompose dead bodies.

Live, healthy tissue resists germs.

In the process of living there is a constant tearing down and building up of the tissues in our bodies.

Every thought you think destroys a brain cell. Nature repairs this waste during sleep.

Same with breathing. Same with every movement of your body.

Along come your blood corpuscles like an army of miniature soldiers to carry off the waste and rebuild new tissue.

Constantly—constantly the little army works. The process of living.

But:—

Suppose the little army has not the proper tools?

Suppose it has not enough calcium, enough phosphorus, enough manganese, enough iron?

For all these food minerals work together in beautiful harmony. The iron in the blood unites with the oxygen as it enters the lungs and carries it to the body cells where the waste tissue is burned by the oxygen and carried off through the lungs with the aid of other minerals during the process. The blood meanwhile busily rebuilding.

Suppose then our little army is not properly equipped?

Then it *cannot repair the waste*. The dead tissue remains.

Suppose this condition *continues*?

More waste—more dead tissue.

Then along comes an epidemic of pneumonia. And you cannot resist.

And why can you not resist it?

Because the germs entering your body found dead cell tissue upon which to feed and multiply.

The dead cells in a living body are just the same food for germs as the dead cells in a dead body.

It is not the germs which you need to fear: it is the dissolute condition of your own bodily tissue which invites the germs to enter and feed.

Keep your tissues in a state of health. Right food will do it.

Again:

Germs feed on dead tissue. Live, healthy tissue can laugh at germs.

No need to fear an attack of disease when your tissues are in a state of health.

The tissues are kept in a state of health only by pure and perfect blood. The blood *must* have its sixteen elements.

What is it that causes anemia?

A lack of iron and other mineral in the blood.

Why so much thin sick hair and baldness?

A lack of silicon and its accompanying minerals.

The squirrels and other forest animals have no difficulty retaining perfect hair, nails and teeth through the natural span of their lives. Why?

They eat the food which Mother Nature provides. No part of its building material is removed to make it more "digestible" or more "palatable" or more pleasing to the eye.

What is it that causes tooth decay?

A lack of calcium in the blood.

Why is it that the young mother almost always has serious trouble with her teeth?

Because she did not have enough calcium in her blood. The baby had to have the calcium for the formation of his little bones. He drained the calcium from her teeth. He also robbed other stores, the result of which she cannot see so readily. This is why young mothers so often succumb to tuberculosis.

Their *Resistance* is lowered.

GOOD RESISTANCE MEANS HEALTHY TISSUES

Healthy tissues are the result of pure and perfect blood.

Perfect blood is made and kept perfect by food and food alone. From no other source can we get the sixteen elements.

This is *why* we must conserve all the food value in all of our food. The little army must have its tools.

Oh, the wonder of a drop of blood! (See p. 74, "Science of Eating.")

CONDENSATION

And now again, before starting our routine we can sum up the knowledge which is to be our foundation in a sentence, viz.:

(a) We must have our food properly balanced as to bases and acids.

(*b*) We must conserve all the minerals in all of our food, because—

(*c*) Our blood must be supplied with the proper materials to keep our tissues in a state of health.

Food is the Only Way.

Fix that three-part sentence permanently in your mind. It is the gospel of the new routine.

III

FOOD CLASSIFICATIONS

We are laying special stress on the mineral element and *Vitamines* because these are the elements which have been overlooked and the *absence* of these elements in our foods has been the cause of much illness. But in order to avoid confusion it is really necessary that you should have a clear and condensed knowledge of all classes of food, food divisions and food values.

Food taken into the body serves two purposes:

- 1st. It repairs waste and builds tissue.
- 2nd. It supplies heat and energy.

The mineral element supplies material for bones and teeth and without it the blood and digestive organs cannot properly function. We may therefore consider the minerals as the tools which the blood *must* have in order to properly handle the other tissue-building, heat-producing foods.

Most of you are familiar with the old academic food division, viz., Proteins, Carbohydrates and Fats. A few there may be who are not. Don't be disturbed by the high sounding names. They are in reality very simple.

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PROTEIN is the element found in meats, etc.

CARBOHYDRATE is the element in starches and sugars.

Protein is a tissue-building food.

Carbohydrates and fats are chiefly heat and energy foods.

Proteins are of two kinds—Vegetable and Animal.

Animal Proteins are found in meat, fish, eggs, milk and cheese.

Vegetable Proteins are found in nuts, whole grains (wheat, corn, rye, oats, etc.), and in beans, peas, lentils, etc.

Opinions differ as to whether you should eat animal protein in the form of meat at all, but all scientists agree that at least one-half of your proteins should be of vegetable origin. Also it has been demonstrated that about three ounces of protein is all one person in normal health can take care of in a day. Any more than that overloads the kidneys. This means about one and one-half ounces animal proteins, which equals about six ounces of lean meat or fish. (The fat in the meat is estimated as fat.)

A great majority of you have been overeating on protein foods. The kidneys cannot take care of it. The overload is a slow poison. Cut down on the protein.

Carbohydrates being starches and sugars, your

own intelligence will guide you in locating them. Starches are most abundant in potatoes, bread, cereals, beans, peas, etc. The tubers—turnips, carrots, parsnips, etc.—contain very little. All starches are turned into sugar during the process of digestion.

All dietitians use the academic division and agree that a balanced diet should consist of

- 1st. Protein10 to 15%
- 2nd. Fats25 to 30%
- 3rd. Carbohydrates60 to 65%
- 4th. Mineral Salts

Sometimes this fourth division is mentioned, sometimes not, but not much stress has ever been laid on it until very recently.

THIS 4TH DIVISION IS THE MOST IMPORTANT OF ALL; WITHOUT IT THE BODY *cannot* PROPERLY MAKE USE OF THE OTHER FOOD ELEMENTS.

In other words, the mineral element is necessary for proper functioning. Food must be digested and burned. Combustion cannot take place without the proper balance of mineral in the blood.

Furthermore a diet of Proteins, Carbohydrates and Fats is purely acid-forming. The mineral element *must* be present in sufficient quantities to sweeten the blood and make it alkaline.

The Vitamines are with the minerals—inseparable. The sailors on board the *Kronprinz Wilhelm* were fed on the perfectly balanced diet according to this old academic division, and we know what hap-

pened to them. They had *no* mineral balance and they suffered the consequences.¹

Just remember that it is almost impossible to prepare an ordinary old-fashioned meal without its Proteins, Carbohydrates and Fats (meat, potatoes, bread and butter) while in millions of American homes today the mineral element is almost totally absent.

The menus given in the following pages have a fair balance of all the food divisions.

One thing more—The Proteins found in the gluten of wheat are feeble, but the Proteins found in the germs are rich and health-giving. This precious germ is removed in the milling of white flour. *Don't forget that.* Not only the minerals but the Proteins are lost.

¹ See page 178 for the dramatic story of the German raider—*Kronprinz Wilhelm*—and what happened to her crew.

IV

CALORIES VS. VITAMINES

Someone has asked—"What about calories, should we know about them as well as Vitamines?" I believe that you will very soon see why every housewife should know what foods contain the Vitamines; but that the everyday needs of the everyday family do not require a knowledge of calories. In the first place:

WHAT IS A CALORIE?

[First definition]—It is the amount of heat required to raise the temperature of one pound of water four degrees Fahrenheit.

Food in the body is burned (oxidized) and produces heat and energy, hence when used in connection with food:

[Second definition]—A calorie represents the amount of food required to produce this same amount of heat in the body.

For example:

A medium-sized slice of bread equals 100 calories.

This means that a medium slice of bread will produce in the body 100 of these heat units.

In other words, a calorie is not a food element. It is a measuring unit.

The calories are not *in the bread* nor any part of the bread. They simply represent the amount of heat and energy produced *by* the bread.

A calorie, then, is a measuring unit the same as a quart or pound—representing quantity of heat.

It takes very much more of one kind of food than it does of another to produce this unit of heat in the body. The calorie is chosen as the uniform way of expressing it. The caloric value of a pound and a half of lettuce is the same as that of a slice of bread.

The highest caloric foods are the ones in the academic division already given, viz., Proteins, Carbohydrates and Fats.

The ones with the low caloric values are the mineral salts and vitamins.

You see the minerals and vitamins do *not* produce heat, and a calorie is a measure of heat, *but*—

Without the mineral element in the food the blood becomes *impoverished*, the tissue waste is *not* repaired and the food is *not* properly burned.

Thus it is clear that all of these high caloric foods will not build the body unless accompanied by Nature's own mysterious safeguards—minerals and vitamins—which have practically no caloric value.

Now:—

WHAT ARE VITAMINES?

Vitamines are essential life-giving elements of food stored by nature in the juices of fruits, in the stalks and leaves of green vegetables, in milk and in butter fats and in the outer covering (bran) and germs of the whole grain.

Here is how vitamines were discovered—very recently.

As super-civilization advanced man began juggling with the foods which God had placed upon the earth in their perfect state. This juggling was done to make them more pleasing to the eye, or more easily cooked. (The juggler becoming rich therefrom.) All went well until certain strange diseases began to break out among groups of men who were caught under circumstances where their chief food was this denatured food. The first of these was the Japanese army. The disease baffled science. After thousands of the Japs had died the disease was traced to the *absence* of certain vital elements in the beautiful white rice. An extract made from the outer covering (the polishings) which had been removed were fed to the men and they promptly recovered.

With this incident as a basic fact scientists immediately began exhaustive research and experiments on animals.

These efforts proved that in the polishing of the rice not only the minerals but two other vital ele-

ments hitherto unknown to Science had been removed.

Further research proved that these same elements existed in, and were removed by the milling of wheat, corn, rye, etc., and still further research located the same elements in other essential articles of food.

Animals developed disease when these elements were withheld from their food and recovered when given them. The sick were made well, or the well were made sick at will—by juggling with these elements.

The scientists who first gave these discoveries to the world were Funk and McCollum.

Although these substances defied chemical analysis Funk succeeded in isolating them—extremely minute crystals.

The name “Vitamines” was given them and later they were further specified as “Fat Soluble A” and “Water Soluble B.” A third “Water Soluble C” being added still later.

Fat Soluble A is found in milk, butter, cheese, the yolks of eggs and the germs of whole grains, Water Soluble B in skim milk, in whole grains, in the leaves and stalks of green vegetables, in the juices of fruits. “C” thus far has been located chiefly in fruit juices.

Without these elements in the food, health cannot be maintained.

The eye disease which developed among the

children of Europe during the recent war was proven to be the result of a milkless and butterless diet—the absence of Fat Soluble A.

Poor Little Kiddies!

Henry Ford says that some day there will be artificial milk. Mr. Ford may possess the ability to have created the Ford and other useful modern contrivances; but God alone through the mysterious forces of nature has and always will create the vitamines.

Nature accepts no substitutes.

WHEREFORE THE CALORIE

Now, referring again to the definitions of a Calorie, and of Vitamines, which knowledge does your judgment tell you is the more important in preparing your menus?

Some of the points which destroy faith in the value of caloric knowledge are these:

1st. The caloric value of a cupful of white (polished) rice and a cupful of natural brown rice is exactly the same, despite the Japanese incident.

2nd. The caloric value of a piece of white bread is exactly the same as that of the same sized piece of whole wheat bread, and yet:

Animals fed on white flour products alone will die quicker than if they were not fed at all, while animals fed on whole wheat exclusively will thrive indefinitely.

The *Kronprinz Wilhelm* sailors had plenty of

white bread—and they were all sick. On the Donald McMillan expedition the food supply depleted and for nearly a year the crew lived chiefly on whole wheat biscuits—and they returned in perfect health.

Verily—"Wherefore the calorie?"

Of what use is it to you, as a housewife, to know that a certain portion of food will produce a certain amount of heat in the body, if that same food will not *sustain life*?

These are only two of the points which destroy faith in caloric values.

[The caloric value of a fried egg is greater than of a poached one. Fat counts.]

The calorie is without doubt very scientific and very helpful to the dietitian in proportioning energy foods, but—

Since the quality of your blood depends absolutely upon the quality of the food which enters the digestive organs, don't you think it behooves you to center your attention upon said *quality*?

You see the emphasis was laid on the importance of calories previous to the time that science discovered and recognized the importance of minerals and vitamins.

You could eat the prescribed number of calories per day and in a short time develop anemia.

Anemia is result of the absence of iron and other mineral in the blood.

You could eat the prescribed number of calories per day and develop a case of acidosis, etc.

Acidosis is the absence of the mineral balance to sweeten the blood.

The calorie will measure some of your necessary foods but not all of them; hence the best thing to do is to remember that your daily food supply should contain the four food divisions in approximately their right proportions, and that these proportions can be reached without a knowledge of calories.

Habit alone will direct you to the energy foods, and the addition of a generous supply of the mineral and vitamine foods will help to curb the tendency to overeat of the Proteins and Starches.

PLAN *vitamine* MENUS.

V

THE CORNER STONES AGAIN

We have said that the corner stones of the new routine were to be—

1st. Conserve the minerals.

2nd. Balance the acids.

And with all this discussion of other food divisions we must not lose sight of these corner stones. The plan of basing our dietary on them does not conflict with other food divisions, neither does it complicate. It really simplifies—as we shall see.

So much has recently been written on the subject of food—so much which is arbitrary and analytical—that it is no wonder we feel at sea when we have finished reading.

So much of this writing is semi-scientific and mysterious—chiefly mysterious.

We are told learnedly of *vitamines* for instance and we feel vaguely that we are trying to grasp at something elusive, something almost ethereal—like the fragrance of a flower; and again will come an article on “Fat Soluble A and Water Soluble B” so shrouded in mystery that our minds receive but a hazy impression.

One thing is certain. When you have finished

reading Mr. McCann's "Science of Eating" no such impression remains. Clear as the crystal depths of one of Nature's own springs stands out the ringing Slogan:

EAT EVERYTHING WHICH GOD HAS PUT ON THE EARTH FOR FOOD—BUT EAT IT AS HE PUT IT THERE. REFUSE TO HAVE IT JUGGLED.

Just that.

A glance at the list of foods in the next chapter will show you that all the purely acid-forming foods are "juggled" foods. Some portion of the natural article has been removed either in the preparation or the cooking; while all the "balanced" foods are complete—as found in nature.

In other words (referring to our first thought in Chap. I) the sixteen elements repeat themselves all through nature, so that whether we choose our food from vegetable roots, or stalks, or leaves, or seeds; or from animal products—as eggs or milk—the mineral element is always present.

It is only when a portion is chosen from the whole that the mineral element may be lost. This is sometimes unavoidable—as in the case of fish or meat, and it is then that we need to *conserve the minerals* in our other foods to balance the acids thus formed. (See "Meat," Chap. VI.)

Don't worry about your proteins. The chances are you have had a vast oversupply in the form of meat. All the protein which your body needs will

be found in whole wheat bread and milk; your carbohydrates in a judicious mixture of vegetables; your fats in cream and butter and nuts, etc.

(No we are not eliminating meat—we are advising less of it.)

In other words the road to the new routine is a very simple one. You will not need an arithmetic. You will not need to learn technical terms.

Food values—all of them—are blended and intermingled in any one perfect article of food (such as a grain of wheat) just as the separate colors of the rainbow are blended in one single ray of light.

All you have to do is to get these foods in their natural state, unadulterated by a food manufacturer, and prepare them without wasting any life-giving element.

VI

GETTING YOUR MIND READY

Once more before taking up the following suggestions and recipes it seems opportune to say that they were compiled for those who, having read Mr. McCann's book, desired to change their routine and dietary in accordance with his findings. They are designed especially for those who are in earnest in their desire to make the change complete and who find it somewhat difficult and confusing to get away from the old established customs.

The following pages will serve as a handbook to the busy housewife who desires that the food prepared in her kitchen shall contain the blood-making, tissue-building elements which shall insure health to her children and all of her household at the same time that it satisfies their appetites and pleases their palates.

Once established the new routine will run as smoothly as the old and there will be no sudden attacks of tonsilitis, high temperature, etc., with the hurried call for the doctor and the unlimited worry.

This has been proven a hundred times.

The first thing then is to fix clearly in our minds where to find the minerals and vitamins, also which are acid-forming and which base-forming foods.

Hence let us make a list of them. It won't be long until we have them tabulated in our brains clearly and permanently.

Acid-forming Foods

- White bread.
- Boiled potatoes.
- Polished rice.
- Cornstarch.
- Corn flakes.
- Corn meal (denatured)
- Cream of wheat.
- Pearled barley.
- Whites of eggs.
- Cheese.
- Lard.
- Fat of any kind.
- Meat (especially salt meat).
- Fish.
- All white flour products—as
 - Crackers
 - Biscuits
 - Pastry, etc.
- Denatured rye flour.
- Denatured buckwheat flour.
- All refined cereals.
- All refined sugars.
- Macaroni.
- Spaghetti.
- Tapioca.

The following foods are naturally balanced as to bases and acids. The ones marked * contain a predominance of alkali- (base) forming elements

and are therefore ideal to use as "balancers" at a meal where meat or other acid-forming food is served.

Balanced Foods

Whole wheat bread.

Potatoes—baked or steamed in skins.

Natural brown rice.

Corn meal—ground from the whole grain.

Unpearled barley.

All natural cereals—i. e., the entire grains.

Whole wheat flour.

Rye flour made from whole grain.

Buckwheat flour made from whole grain.

Eggs.

Milk.

* All fresh vegetables.

* All greens.

* All fresh fruits.

The entire egg is "balanced"—the yolk is the base former; the white, the acid former.

Milk contains a predominance of alkaline elements and all the vitamins.

AND DON'T FORGET:

When foods are balanced as to acids and bases, they surely contain the minerals (because the bases are always mineral) and that where the minerals predominate we also find one or all of the vitamins.

So it is not three roads. It is one—and a straight one.

"Eat everything which God has put on the earth for food—but eat it as He put it there. Refuse to have it juggled."

It will be noticed that all things as found in nature are "balanced." The fruits, the grains, the vegetables, and also *the animals*.

Your body is balanced—but:—

The minerals (bases) are found in the bones and blood. This is why—

MEAT

Is an acid-forming food. The wild animal of the forest who feeds on other animals gets his "balanced" food. He eats the bones and blood. We do not.

This does not mean that you must eliminate meat from your dietary. But it does mean that at a meat meal you must have sufficient vegetables, salads and fruits to give the mineral (base) balance to the acid of the meat. And it does mean that you must not go back to the old routine of meat, boiled (or mashed) potato and white bread, all three of which are acid-forming. It would be impossible at a single meal to eat sufficient other vegetables to offset the acids of the above combination.

Now for the New Routine.

To establish it you will have to do two things: 1st—Use a little ingenuity in marketing and 2nd—make some changes in your kitchen utensils and methods of cooking.

VII

GETTING YOUR KITCHEN READY

The first thing that we must do, of course, to get started on "eating for health" is to lay in a supply of 100 per cent foods.

The whole grains being the most important we will secure those first. Since whole wheat contains every element which the body needs and white flour contains none of them, our children are going to have whole wheat bread and whole grains for breakfast foods. But the whole grains are not easy to find. Your own locality will present its own problems—perhaps my experience in my locality may contain some suggestions. Here's what I did:—

I personally visited a miller and got twenty-five pounds of clean whole wheat grain which I divided among three of my friends. I also got ten pounds of whole corn grain, which I planned to grind into corn meal.

Then I talked with a leading grocer about brown rice. He said there was no sale for it. I told him I would guarantee the sale if he would get the rice. He made me promise to take one-half a case (30 pounds). That was easy—I knew I could divide it with others who wanted some.

Next I got a box of Scotch oatmeal, but later

learned that the steel cut is just as good—only it takes a little longer to cook. (The Scotch, however, coming in sealed cans, will keep better in the summer time.)

That gave me my supply of breakfast grains, but it didn't completely answer the question about meals and flours.

The so-called "Whole wheat flour" which is on the market is only about 80 per cent whole wheat. This is a vast improvement, but I wanted 100 per cent—all of the grain. Although I inquired at all the leading retail and wholesale grocers I did not succeed in finding any. I also wanted some *real* corn meal and some *entire* buckwheat flour which I knew were not to be found. (The rye I was not so particular about.)

It became evident that if I wanted these 100 per cent meals I would have to buy the whole grains and grind them. "Some nuisance"—I thought—"but the kiddies are worth it."

Accordingly I visited a hardware merchant and learned that an adequate grinder could be bought for about ten (\$10.00) dollars. I left an order for one but before it had arrived a friend of mine who has plenty of money bought quite an elaborate affair with an electric motor attachment. I went to her home and ground three (10 pound) lots.

Why couldn't an arrangement somewhat like this be worked out between you and your friends? One good grinder among a party of friends—or in a

neighborhood and a high school boy for distributor. Or even one of the small grinders shared by three or four whose funds are not over-plentiful. (Inquire about the Straub Milling Machine. I am told it is a very good one.)

Later I was still more fortunate. Glancing through the liner ads of the local newspaper I ran across the following advertisement:

"Have you ever eaten genuine Southern corn-grits? I make these and sweet Southern corn meal made from the whole corn. Will deliver to you.

"Price Milling Co.,
"418 Anthon Street."

It was a remote district of the city, but I located it and found there a rather superior young negro who told me he had started this business because he was starving for some of the sweet white corn products he had eaten in the South. He had built up quite a nice little business (chiefly among his own people), and was making a good living. He was scrupulously clean. He was making the most wonderful corn meal I ever tasted (from the whole grain); and also whole wheat meal (100 per cent). Later this mill was taken over by a very energetic young man who is building up a remarkably good business. He delivers in any locality once a week and our troubles about 100 per cent flour are over. This is in Detroit. The incident is given as a suggestion. Couldn't some enterprising youth be found in any community to start such a center and work up a fair trade among those who know?

Anyhow, it *can* be worked out. You will find the best way for your particular case. If you can't get a center started, there is always the small grinder which is very practical and worth the money expended. (You might almost as well eat sawdust as the corn meal you have been eating.) Moreover, once you have tasted the wonderful flavor of the genuine article you would never be willing to go back to the other even if food value were not the chief consideration. And once the routine is established the rest will be easy enough. (The Straub is a small grinder.)

COOKING UTENSILS

After you have arranged about your flour and meal, the next thing to think about is the proper cooking utensils for your vegetables. Since the juices of vegetables contain the mineral salts they must not be wasted. Casserole cooking is the ideal way, hence you should have at least one casserole—two is better—and a steamer which will cook at least two vegetables at the same time. These steamers are now on the market arranged in tiers, one on top of the other—from two to six compartments. They are recommended as gas savers. There are several types which a first class hardware merchant will show you. One good one has a chimney running through each steamer through which the steam escapes into and from each compartment. You will

find the double or treble steamer ideal for cooking string beans, young carrots, etc. If your dealer hasn't one in stock he has them on catalogue. Make him order one for you. If, however, you don't get one immediately use your old-fashioned steamer. You can contrive to divide it if you wish to cook two vegetables.

Much has been said recently in favor of the "Pressure Cooker" which is also steam confined until it reaches a pressure of twenty pounds. It will cook the toughest chicken in thirty-five minutes. If all that is claimed for it is true, it would be ideal.

An article on the Pressure Cooker will be found in *The Ladies Home Journal* for February, 1921.

There is also on the market now a very heavy cast aluminum ware called Stroluminum. In these utensils vegetables can be cooked with a few tablespoonfuls of water (the same as casserole cooking) and potatoes can be cooked in their skins—over the fire—with no water at all.

If you can afford to add a fireless cooker to the list, do so.

An ice cream freezer is also an excellent possession. (Real ice cream and fresh fruit ices in the summer.)

BAKERS' BREAD

To those of you who must buy your bread, the bread will be the hardest problem. The so-called "whole wheat bread" made by the average baker is not worthy of the name. The soft, puffy stuff is

next to worthless. The dark breads masquerading under various names (Health Bread, etc.) are in the same class. None of them are whole wheat, and because of their tasteless, unappetizing qualities they serve only to disgust the consumer. Eating of these miserable substitutes he thinks he doesn't like whole wheat bread—and he has never tasted it.

I believe that some few bakers have made an honest effort to make genuine whole wheat bread, but on the whole they have succeeded poorly. The methods used to handle white flour will not work out with whole wheat—hence all bakers “set the sponge” with white flour. To this is added some 80 per cent flour—and there you are. I even know of one baker who grinds his own flour, yet he mixes white flour with his bread.

In almost every city in the United States there is a McFadden's Physical Culture Restaurant. Most of these make a genuine whole wheat bread and most of them will sell it for outside consumption. Some of these even have added a generous mixture of white flour—but the bread is a vast improvement and is worth going after.

Everyone who has a home can supplement the bakers' bread with frequent home made muffins and biscuits. The flour should be 100 per cent. If you use the 80 per cent which is on the market, add to it a little bran.

But if you are in earnest at all in your desire to make your food lay the foundation of health

for you and your family, Persist until you make or obtain genuine whole wheat bread.

BUYING NATURAL BROWN RICE

In doing your marketing don't mistake the *un-coated* rice for natural brown rice.

You see the bran of the rice grain cannot be removed so easily as that of the wheat grain. Its bran clings very tight. To remove it the rice is put through a machinery process whereby the kernels rub against each other. This friction removes the bran in tiny particles—hence the term “polishings” and “polished rice.”

In addition to this—to secure a more beautiful whiteness—most of the food manufacturers have been putting the rice through a second process—i.e.: coating it with talcum powder. This talcum coated rice can be easily detected in washing—the talcum turns the water milky.

Uncoated rice is merely polished rice which has not been coated with talcum. So much has been said about the debasing of rice that many high-class grocers have *uncoated* rice on exhibition. It is somewhat yellow in appearance—but is nevertheless polished rice.

Natural brown rice is *un-polished* rice containing both the bran and the germ. Some of the leading rice dealers are now handling it done up in pound cartons, and any first class grocer can get it for you. It is a peculiar greenish buff color about as dark as oatmeal—and is labeled “Natural Brown Rice.”

VIII

REFLECTIONS ON THE SITUATION

When you have finished marketing—sit down in the quiet of your home and think about it.

Why was it necessary for me to take this round-about course in order to obtain cereals in their natural state?

Why was it impossible for me to buy a single pound of 100 per cent whole wheat flour or entire corn meal?

Why must I buy a grinder or find some one who will improvise a milling machine and start a local center to supply 100 per cent flour to my neighborhood?

Hundreds of pounds of bolted, denatured flour are being manufactured and sold every day. Why are not the millers compelled to make a 100 per cent flour? Why do not the grocers demand it?

And the answer to the last will stare you in the face. The grocers demand what the people demand. *And the people do not know.*

Didn't the grocer tell you there was no sale for brown rice?

"But it seems to me," your suggestive mind will say, "the grocers could help to educate the people. Only yesterday I saw placards and slips explaining

the use of a salad oil and a demonstration of a new breakfast food."

"Oh, yes"—you will hear from your reasoning mind—"but those demonstrations were paid for by the manufacturers. That's advertising. The grocer is concerned with the bulk of his business. All advertised packages sell."

"Well, then"—you will go on with your reasoning—"how will the people ever know? They are constantly being miseducated through just such advertising. Why doesn't the government compel the manufacture of 100 per cent meals? The government *does* know."

And there your mind will come to a standstill.

And while your mind is racing like a motor, eager to go on, there will rise before its vision a vista of innumerable possibilities.

The word "Government" will call up very suddenly a consciousness of power. *Your* power—a power you had thought very little about until now.

Politics hadn't interested you particularly. You were satisfied to legislate your home.

But when politics invade your home rule—that's different.

When, in order to obtain the foodstuffs which you have learned are absolutely essential to maintain the health of your family, you must go out and combat single-handed the effects of a National folly you know that the time for action has come.

Just where the road lies that leads to legislation

you do not yet know—but you will learn. That is your decision.

And as your mind goes on with its thinking you agree with Mr. McCann.

The schools. That is the first step. The children must be taught. They will carry the education to their homes. As the people learn, the demand for 100 per cent food will come.

But what are the roads—what are the gateways that lead to school curricula?

Superintendents of Schools, boards of education, city councils, state legislatures.

If the Superintendents of Schools can be brought face to face with the facts as revealed through Mr. McCann's fund of knowledge, if they can be made to *feel* the importance of these facts with fathers' hearts;—theirs is the power to recommend the adoption of a nutrition course in the school curriculum.

The power to act on such recommendation lies with the boards and legislatures. If the voice of the superintendent is not heard, the voice of the women's vote will be.

"Isn't it appalling?" you will think. "These 100 per cent foodstuffs are beyond the reach of the plain people even if they should want them. How could the wife of a laborer with a large family and all her household cares go out and do what I have done today? It would be impossible. She is absolutely dependent on the corner grocer."

And the more you think, the more clearly will

become fixed in your mind—yes, the school is the place for the education to begin. And when once they *know* the voice of the Mothers will be heard in the land.

IX

WHOLE WHEAT BREAD—THE STAFF OF LIFE

Most important of all the foods which go on your table is your bread. Three times every day it forms a part of your menu. Each and every member of your family consumes more of it than of any other single article of food. And from no other single article of food could they derive more nourishment, more of the blood-making, tissue-building elements, provided that this bread were made from whole wheat flower. Honest flour made from the whole grain with nothing added and nothing taken away. And such bread cannot be bought in the bakers' shops.

The problem of making your own bread is not a pleasant one to consider, and yet since we now know that it means health to our children, let us face the problem directly. To keep them sturdy they *must* have whole wheat. Since we cannot buy it what are we to do? If it came to a choice between nursing the children through an illness or managing the bread problem we would not hesitate. Yet that is precisely what it amounts to.

The occasional whole wheat muffins or gems will

not do. It is the everyday bread which counts; the steady continuous building, the building which spells resistance to disease.

Mothers:—If the children have plenty of whole wheat bread and milk and nothing else you need not worry.

And the reason is this:—Wheat contains every element which the body needs IN THE RIGHT PROPORTIONS. Undoubtedly these elements are designed and proportioned by an All Wise Providence.

The amazing fact is that nature picks with such a nicety that if any of the mineral elements are removed she rejects the others in like proportion.

For example:—If only one-half the required amount of phosphorus is left in the flour she can use only one-half the iron, manganese, etc. If only one-tenth of any one mineral is left she can use only one-tenth of all the others.

This same law governs plants as well as animals. No matter how rich a soil may be in iron or calcium, etc., if it is poor in phosphorus or potassium the plant selects and uses the former in proportion with the available quantities of the latter and thrives well or ill, accordingly.

None of us possesses such knowledge of the mysterious workings of nature as to be able with all our intelligence to select and proportion our foods as nature herself proportions them. (Who knows where to get the exact mineral balance to make up the deficiency in white flour?)

Wheat is nature's own formula—a perfect food. Bread made from all wheat is verily “The Staff of Life.”

Shall we give our children a hollow porous staff or a solid sturdy one? Shall we let them grow frail and susceptible, or shall we steadily and continuously build up their resistance?

A MOTHER WHO WON

Apropos of this steady, continuous building let me tell you the story of one little woman who made the fight and won.

Mrs. F. C. Wheeler came to New York City about seven years ago. She was then the mother of three little girls (aged 7, 4 and 2). The fact that she was educated to the finishing point did not deter her from doing most of her own work and reveling in the joy of it. The happiness of an all-abiding love and her three precious kiddies made the monotonous grind a song. Some day, of course, Mr. F. C. was going to have a million dollars—but meanwhile here was Today with all its unpurchasable joy- and busy-ness.

Believing in the value of the home product Mrs. Wheeler had just succeeded in making white bread of the finest and most perfect quality when Mr. McCann arrived on the scene.

What a lucky lady she was to have known him as a lifelong friend and thus to have derived the bene-

fit not only of his fund of knowledge but of his very personal interest.

But she didn't want to listen to his gospel. Her household was running smoothly, as a result of her intelligence. Why should she upset it all—change the whole system just to follow a fad? She wouldn't, that was all—and she turned a deaf ear.

But he forced her to. Her children were very frail in spite of her care. The frequency of colds and sore throats and sudden temperatures was a source of worry.

During one of these illnesses Mr. McCann made a special trip to her home. He appealed to her intelligence and presented his arguments. He preached the gospel of whole wheat and from the numerous incidents of his experience gave to her proof after proof that on this one perfect article of food alone her children could be made strong. He asked her to try it for one year. No longer if she were not then convinced. She promised.

Her intelligence and her mother's heart decided that her children were entitled to sturdy bodies and that if any extra effort on her part could give them that boon, then sturdy bodies they would have. She would make whole wheat bread.

Her promise was given—not only to Mr. McCann but to herself. And having been given it was kept—not half way, nor once in a while—but completely and faithfully as all promises should be kept. The reward is hers.

One hundred per cent whole wheat flour is obtainable in New York so Mrs. Wheeler did not have that stumbling block to overcome. With 100 per cent flour she made whole wheat bread.

But not so easily as that sentence sounds. Oh, no! Her first batches were total failures. Five of them. The sixth they managed to consume—but it was not good. She tried mixing some white flour with the whole wheat (as almost everyone does) and in this way managed to make a very good bread. But it was not what she had set out to do.

She had *promised* whole wheat.

Accordingly she experimented and gradually worked out a recipe which is perfect. For six years she has made bread from this recipe. She never varies it and it never fails. But Mrs. Wheeler was not satisfied with bread alone. She made a clean sweep. White flour was practically banished from her household. Her muffins, waffles, cookies, even pie crust are made of whole wheat. The recipes for all are given here after having been tested by the writer and found to work equally well in strange hands as in Mrs. Wheeler's.

Since this innovation of whole wheat four more little girls have come to the Wheeler household (there being a five-year-old pair of twins for good measure), and if you doubt at all the value of whole wheat as a safeguard against frailty I wish you could see those kiddies—seven in all ranging in age from fourteen to three. Not fat—oh no—just sturdy and

colorful and pictures of riotous health. They almost never see a doctor and dentist's bills are unknown, though previous to their whole wheat diet they all had crumbly teeth.

Seven little girls and no cascara bottle in the house! Seven little girls and never a case of tonsillitis nor any other illness—save a slight cold—in seven years! And don't forget that the first three were frail and susceptible six years ago.

Mrs. Wheeler told me of the very great difference in her own physical condition at the time these last babies came, of the splendid condition of her own teeth and many other proofs which make her bless the day she learned the value of whole wheat.

But we will all admit that much of the credit is due to Mrs. Wheeler's own courage. She persisted until she won,—and she made her change complete.

As she won—so can you.

From all sides we hear that excellent bread cannot be made from 100 per cent wheat flour. Good bread which tastes good. Mrs. Wheeler's bread proves that this is not true. It is the best bread I have ever eaten.

Try it yourself. (See recipe, p. 88.)

Try it—and work out the plan for your own household. If you have a maid can't you bribe her? Surely the promise of a definite sum in extra pay will sweeten the request for the extra work. If you are your own maid—let something else go and give

the kiddies a chance at the genuine Staff of Life. Build up their resistance. Bread alone will do it.

Perhaps you might find some capable woman who at a fair price would bake the bread for your neighborhood or your friends. By doing this you would be spreading the good work.

PART II

PREPARING THE FOOD: RECIPES

X

PREPARING THE FOOD

It is assumed that you have now on your shelves a supply of:—

1st. Breakfast grains.

2nd. Whole wheat flour, and whole corn meal.

3rd. If you have not a small milling machine, you have made definite plans about your future supply of 100 per cent flours and meals.

4th. You have casseroles and a steamer. (Possibly even a fireless cooker.)

5th. You have in your minds a knowledge of acid goods and how to balance them. (See p. 40.)

If you haven't these, don't you think you had better get them? You can't start without the proper food supply and the proper utensils. Above all, don't start in a haphazard way. Start right and the road will be easy.

BREAKFAST GRAINS

The entire wheat contains every element which the body needs. One hundred per cent Food Value.

The outer covering, including the bran and the brown layers next to the bran, contain the precious minerals and vitamins which are removed in milling white flour. Hence for:

Breakfast Wheat No. 1

Get the entire wheat grain—unground.

Cook in salted water for five or six hours in double boiler.

In the morning heat the quantity desired for breakfast and serve with milk or thin cream.

Breakfast Wheat No. 2

Get what the millers call “cracked wheat.” Any miller who will sell you the whole grain will also sell this. In it the wheat is broken and therefore cooks quicker.

Some people have secured the same result by putting the whole grain through a nut grinder.

Cook in a double boiler at least one hour.

Serve with milk or thin cream.

Corn Meal

If you have succeeded in getting (or grinding) undenatured corn meal, prepare as follows:—

Sift the meal through the fingers slowly into the boiling water, stirring all the time to keep smooth. Cook for twenty minutes in a double boiler.

Serve with thin cream.

Natural Brown Rice

The best way to cook rice is directly over fire in broad shallow tin (as a milk pan).

To 1 cup of brown rice add $4\frac{1}{3}$ cups of water and $\frac{1}{2}$ teaspoonful salt, bring to boiling point, turn down fire and allow to simmer exactly 35 minutes without stirring. Watch for the last 5 minutes and if necessary add 1 or 2 tablespoonfuls of water. This is rarely necessary.

Rice is made gummy and sticky by overcooking or stirring. If cooked and timed exactly as above each kernel should stand out separate and dry and thoroughly cooked.

Stick a fork straight down into it here and there during the last minute or two. Watch the bubbles and be sure that all the moisture is absorbed. Unabsorbed moisture will also make it sticky.

The above is the only successful and satisfactory way of cooking brown rice when it is to be served as a vegetable—but if for your breakfast food you prefer to cook it in a double boiler, proportion as follows:—

To 1 cup of brown rice add $2\frac{1}{3}$ cups of water and $\frac{1}{2}$ teaspoonful salt. Cook in double boiler at simmering point exactly 1 hour without stirring. When done remove the cover at once. The steam will make it soggy.

Almost every cook book will direct you to cook rice in a large quantity of water and then drain and dry. Never do this. The liquid in which the brown rice is cooked is a valuable essence. It should be properly proportioned so that it can be absorbed by the rice.

If white (polished) rice is cooked directly over fire, it should have four parts water to one part rice and cook for 20 minutes only. But we are not concerned here with the successful cooking of polished rice.

Oatmeal

By oatmeal we do not mean rolled oats. We mean the old-fashioned coarse, steel-cut oatmeal.

This should be cooked at least two hours at night and warmed through in the morning.

Cooking it thus at night it continues to steam for a long time after the fire has been turned out.

Serve medium thick with thin cream.

Whole Wheat Griddle Cakes (Mrs. Wheeler)

2½ cups of (100 per cent) whole wheat flour.

5 level teaspoonfuls of baking powder.

1 level teaspoonful of salt.

2½ cups of milk.

2 eggs.

1 teaspoonful of molasses.

1st, mix the flour, baking powder and salt.

2nd, stir in the milk.

3rd, stir in the molasses (the molasses is not absolutely necessary, but it makes the cakes brown more easily).

4th, add the eggs, well beaten.

5th, mix thoroughly and bake on a hot, well greased griddle.

Whole Wheat and Corn Meal Griddle Cakes

(These cakes are delicious, but the corn meal must be 100 per cent. You can't buy it at the grocers'. Grind it.)

1 cup whole wheat flour.

1 cup (undenatured) corn meal.

1 level teaspoonful baking powder.

½ level teaspoonful salt.

2 cups sour milk.

$\frac{1}{2}$ level teaspoonful baking soda.

1 egg.

Buckwheat Cakes

The buckwheat flour which is on the market is denatured, also.

If you can succeed in getting some of the whole grain and grind it yourself, what could be more delicious than a breakfast of buckwheat cakes?

Rice or Oatmeal Cakes

Griddle cakes can also be made from the leftovers of the rice or oatmeal porridge.

MILK

Few people understand the very great food value of milk. Most people give little thought to it. Like the whole grains it contains every element which the body needs—and furthermore it contains them in the most assimilable form. Therefore to the invalid or convalescent it is even more valuable than the whole grains.

The sixteen elements necessary to life are all found in milk. The reason for this is obvious. Nature is an all-wise provider. The milk of the cow is the food for the calf. (The calf must grow and thrive, and build tissue and bone and muscle.) The food materials absorbed by the cow from the grasses and seeds are passed on to the milk to feed the calf. Science has proven that at least five times more of these essential materials are found in the milk than are found in the tissues of the cow. From this it must be clear to all that the food value of milk is five times greater than that of meat.

The only food value of meat is its protein. The proteins of milk are more valuable because they are in more assimilable form. To the growing child milk is the greatest food in the world. Right into his blood go the food materials that make blood—for milk has in itself every constituent for blood making, except, perhaps, a sufficient amount of iron. This he can obtain from his whole grains and green leaves and raisins.

And if the invalid or undernourished or convalescent could but understand the curative value of milk! Any other food requires a certain amount of energy to digest. Milk requires no effort of digestion. Almost immediately it enters your blood—as blood—being a blood maker. This is why the genuine milk cure has achieved such wonderful

results—even in cases which seemed incurable. Perfect blood will eliminate disease—and milk will make perfect blood.

In hot weather try the combination of milk and fruit for breakfast or luncheon. (Do not add starch to this mixture.) If you are overweight, use skimmed milk.

But, besides being the most beneficial food for man, milk is also the greatest germ carrier in the world. Every drop of it should be pasteurized before using—unless it is certified. Certified milk is raw milk from cows which are inspected regularly as to their health, their food and their general surroundings.

Raw milk is better than pasteurized in cases where you can be absolutely sure of the health and cleanliness of the cows, and of the persons handling the milk. Even if you have your own cows their regular inspection by the Health Authorities is a very necessary measure; but where the milk is a mixture from several cows or herds, pasteurization is an absolute necessity.

In some communities this is a law. If you live where this law does not exist you may pasteurize it yourself as follows:

Get a thermometer. Put the milk in a double boiler and heat it to 165 degrees. Turn out the fire and let stand in heat for 30 minutes. (The temperature will drop to about 145 degrees.) Then place in the refrigerator, at once.

Every member of the family should have milk in some form every day, and every growing child should drink at least a pint a day—a quart is better.

Milk and Honey

Have you ever combined milk and honey? It is great. To a small glass of heated (not hot) milk add a teaspoonful of strained honey. Here is a drink to give the children.

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Even the ones who don't like milk will enjoy it. In hot weather heat the milk (to dissolve the honey) and then put in refrigerator to cool.

Use it in time of colds or irritated throats. The writer knows of a case of pneumonia cured on this treatment alone, the patient taking about two quarts of milk a day in small doses (combined with the honey) and no other food or medicine, though under the watchful care of a noted physician.

But don't wait to be ill to enjoy this beverage. It is restful and refreshing at any time. Far better than "a cup of tea." Treat your friends to it.

BRAN—*Its Necessity in the Diet*

There is a horde of people who are working in offices, etc., and living in rooms to whom the obtaining of home-made whole wheat bread or even genuine whole wheat grains for breakfast food is an impossibility. I wonder if you realize what this means to you?

It is an absolute fact that those who start on whole wheat grain food today will discard all pills or artificial laxatives of any kind within a month. The bran of the whole grains is nature's own laxative.

White bread and all refined food packs in the intestines. Constipation is the inevitable result. Don't treat this matter indifferently. The fact that it is a common ailment does not make it less serious. It is not only discomfort. It is disease. It is putrefaction within your body. Millions of bacteria excreting their poisons constantly for your body to absorb. And your body becomes saturated with these poisons. This is auto-intoxication (self-poisoning) which in time leads to the most serious and awful illnesses.

If the danger of such illness does not frighten you—then think of constipation as plain filth. Have you ever seen a piece of meat in a state of putrefaction—alive with bacteria? Do you like to think of that condition within your own body? You who are so dainty as to bathing and manicuring.

Pills and other artificial laxatives do not relieve constipation; they aggravate it. Take one cathartic and note the result the second day. Continue to take them and you will become helpless without them. (And there will be worse results.)

Right food—Nature's formulas—contain the elements which will positively prevent constipation. If you are

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one of the horde mentioned above who can not get this food—then help yourself in the following way:—

Bran is Nature's laxative. The whole grains contain it in the right proportion. Failing to get those buy a package of bran and take a tablespoonful every morning. Let it be part of the day's cleanliness. It will be easy to follow the plan contrived by a certain lady for her traveling husband.

She bought a box of very small envelopes. Into each envelope she put a tablespoonful of bran and sealed it. These she put in the box with her husband's handkerchiefs. Every morning one of these envelopes went into his pocket. He used it in the restaurant at breakfast.

You can mix it with your cereal or just turn it into a saucer with a little milk. Take a very little at a time and don't try to chew it. Wash it down with plenty of water or milk. Severe cases may require a tablespoonful *both* morning and evening until regulated.

Also the addition of prunes for breakfast will help to start the severe case right. The extreme case may need the use of an enema at night until regulated. *Under no circumstance take a cathartic.* It will double the fight. This treatment *never fails.* The very extreme case may take a month to regulate—but you will win if you persist.

Besides doing this scavenger work the bran will give to your blood the precious mineral salts it carried with it from the wheat.

Be careful, however, to get an un-processed, uncooked bran—bran just as it comes from the wheat,—such as Pillsbury's.

SOUPS

The water in which spinach, asparagus, cauliflower, etc., are cooked should form the basis for soup. The mineral value of the vegetable is lost in the water and we must not throw this away.

Aside from their mineral and nutritive value, the soups are delicious and appetizing.

A dish of any of these soups, especially the thicker ones, with bread and butter, is sufficient for luncheon for children or adults.

Cream of Spinach Soup

Take the water in which the spinach has been cooked. Boil down to about one-third the quantity of soup desired. Thicken with whole meal and season. A little tomato juice or fine parsley or both will add flavor.

When ready to serve, add about twice as much milk as you have liquid. Bring to heating point and serve immediately.

Do not allow milk to boil.

(Do not drown the spinach in water when cooking. Use only *enough* water. This makes a more concentrated liquid for the soup.)

Cream of Asparagus Soup

Same as Cream of Spinach Soup. Some of the stalk ends of the asparagus put through a sieve will give consistency and flavor.

Do not allow the milk to boil.

Cream of Onion Soup

Same as Cream of Asparagus. Put some outer parts of onions through sieve.

Cream of Cauliflower Soup

Same as Cream of Asparagus Soup. Put about $\frac{1}{3}$ of the flowerets through sieve.

In making any of the above soups, you may find it more convenient to proceed as follows:

Put the quantity of milk desired for the soup to scald in the double boiler. This may be seasoned and thickened while the vegetable is cooking. When the vegetable is done drain the liquid into the scalded milk, add some of the vegetable through the sieve—and serve.

If you have never eaten Cream of Onion or Cauliflower Soup—be *sure to try them*. You will be amazed at their deliciousness. I served the former at luncheon to a party of friends who said they *did not like onions* in any form. I put a generous quantity of the well boiled onion through the sieve, but was careful not to let a telltale leaf appear. They ate with relish and remarked its deliciousness. The joke was on them. There is wonderful mineral value in the liquid from boiled onions.

Cream of Celery Soup

This soup may be made same as cream of asparagus or as follows:

Take two or three potatoes and about a dozen stalks of celery (the outer stalks of two or three bunches), leaves, roots and all. Cut into small pieces. Boil about three-quarters of an hour (or until soft). Put through sieve.

Add butter, seasoning and milk and heat.

Do not allow milk to boil.

No thickening is needed with above.

Mock Oyster Soup

Take a bunch of oyster plant (salsify), scrape, cut into one-half-inch lengths, cover with water and cook slowly

about one-half an hour. (A small chopped onion cooked with them if desired.) When done, thicken, add milk, butter, pepper and salt and serve.

If desired the oyster plant may be put through a colander or sieve and the thickening omitted.

Vegetable Stock

(Fine mineral tonic for the children or adults. Make fresh once a week.)

Do not peel but scrub, cut and boil together all kinds of vegetables, carrots, parsnips, turnips, cabbage, leeks, celery, onions, beet leaves, etc., about equal quantities of each. Let simmer about two hours.

Drain and keep liquid in cool place.

Add to this the liquid from spinach, onions or any vegetables as you happen to have it.

Use stock for soup one day with unpearled barley, then rice, then diced vegetables and even as a cream soup made exactly like cream of spinach. Or serve it as plain vegetable consommé.

Before serving consommé, however, add a sufficient quantity of cooked tomatoes to kill the sweetish flavor of the vegetables. About one part tomatoes to three of stock.

This stock is excellent alkali for an acidosis patient. A cupful could be taken once a day whether served at the table or not.

Vegetable Cream Soup

First. Put one very slack level tablespoonful of brown rice to boil.

Take one fair sized potato, one parsnip, one large onion, one carrot, three or four stalks of celery.

Put through grinder or dice very small.

Let the rice get a ten-minute start; then add vegetables

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and boil to a pulp. Let all of the water boil into the vegetables. Add butter, seasoning. Stir to avoid burning.

When ready to serve add one pint milk and bring to heating point.

Do *not* allow milk to boil.

This will serve four generously.

The above with whole wheat bread and butter makes an excellent and complete luncheon.

Plain Vegetable Soup

Take one of each of the tuber vegetables—(about same size) potato, parsnip, carrot, onion, three or four stalks of celery, including the leaves. Some cabbage leaves.

Dice into small pieces.

Boil about thirty minutes.

Add generous piece of butter and seasoning. Add parsley if desired.

Serve quite thick.

The above contains *all* of the precious mineral salts and makes an excellent luncheon for children with whole wheat bread.

Thick Bean Soup

Soak over night two cupfuls of dry white beans. Do not drain. This liquid contains the soluble mineral salts.

Boil at simmering point about six hours, adding butter and salt.

Stir frequently and add water as needed.

When ready to serve the beans should be broken open and soup should be rich and thick.

Do not strain. The outer shell of the bean has its definite value.

Serve with whole wheat bread or oatmeal crackers.

Thick Pea Soup

Get the dry green or yellow peas and make the same as bean soup.

Do not strain.

Thick Lentil Soup

Dry lentils soaked and made same as bean or pea soup.

(Whole wheat crackers—unleavened bread—are very easy to make. Keep on hand to serve with soups and salads.)

Swedish Health Bread can be bought in packages anywhere. It is much like a large cracker and is made of entire oatmeal. It is fine to serve with soups or salads.

The tendency to make puree soups of all vegetables or legumes which contain any roughage is one of the evils of present-day cooking methods.

None of us perhaps have realized that in straining the split pea or bean soups, etc., we are doing with these legumes precisely what the miller does to our grain.

It is not only that we lose part of the food value in this way—but the roughage of this bran is necessary for the scavenger work of the body.

Some people think that this outer covering is “indigestible”—so it is—if by digestible you mean absorbable. Fine absorbable food is the curse of civilization. All such food packs in the intestines. The result is constipation.

Our tastes have been cultivated until they are perverted. We are not even willing to chew. These thick old-fashioned soups are really very delicious. Cultivate a taste for them in the children.

The thick bean or pea soups may be improved by allowing them to cook until very thick and then adding a little milk when ready to serve.

The only puree which our system allows is Cream of

Corn. Cook the can of corn for 5 or 10 minutes, put through sieve, add milk and seasoning and serve.

VEGETABLE SAUCES

It was a revelation to me when reading "The Science of Eating" to learn that I had been throwing the best part of my vegetables down the sink. I, like most of you, had peeled my potatoes, carrots, turnips, *et al.*; boiled all the precious minerals out and thrown the water away. Many a time I had eaten spinach for the sole purpose of its mineral benefit and had lost the best part of it. I did not know.

The water in which spinach, onions, cauliflower, asparagus, etc., are cooked should form the basis for soups. (See "Soups".)

Vegetable juices can also be used in sauces as follows:

Cook the vegetables in a small amount of water. When cooked till tender there should be just enough water to serve as sauce for the vegetable. Prepare as follows:

No. 1

Drain vegetable, saving juice. Have at hand a sufficient amount of butter for seasoning and whole meal for thickening. Melt the butter, rub in the flour until smooth. Put the vegetable juice into the saucepan, stir in the mixture, stir until thick and smooth. Into this put the drained vegetable, heat and serve.

The beaten yolk of an egg will greatly improve the above sauce.

No. 2

Some people find it easier to make the above sauce as follows:

Drain vegetable, saving the juice. Stir into this a small amount of flour which has been moistened with a little water. Stir until thick. Add butter and seasoning. Put the drained vegetables back into the sauce, heat and serve.

White Sauce

(For Vegetables)

Put a pint of milk into the double boiler to scald. Melt two tablespoonfuls of butter, rub into it two tablespoonfuls of flour. Stir until smooth. Pour this slowly into the heated milk, stirring until thick and smooth. Season with salt.

This sauce can be kept on hand in the refrigerator and thinned with a little milk as needed.

For scalloped dishes a well-beaten egg is added to above. For fish sauce twice as much butter should be used.

VEGETABLES

All vegetables after preparing should stand in cold water at least one-half hour before cooking.

Vegetables should not be overcooked nor water-soaked. Learn to "time" your cooking so that everything will be done together, always allowing yourself five to ten minutes for preparing sauces and serving.

The Mineral element in all vegetables can be conserved very easily if we will discard the old and form new habits of cooking.

The value of this mineral element cannot be overestimated. It serves as a balance for meat or other acid-forming foods—thus keeping down the acidity of our blood. The following methods of cooking conserve all the minerals. Don't forget that these minerals are needed by the blood to keep the tissues in a state of health.

Carrots

Young, tender carrots are sweet and delicate. They do not possess the strong flavor of the larger (winter) tuber which has been off the stem for a long time. They are rich in vitamins and mineral salts and should appear very frequently on our menus.

They should be scraped, cut lengthwise into quarters or eighths and may be plainly served in three ways:

1st. Cooked in a casserole with a very little water (just enough to keep from burning), a very little (or no) salt and a generous dab of butter.

2nd. Steamed and served with butter or white sauce.

3rd. If boiled they should be served in their own juice. See Vegetable Sauce Nos. 1 and 2.

The best way to serve the older carrots in the winter is steamed and served with white sauce thinned with milk.

Turnips

Young, white turnips should be peeled and cut in thin slices. They may be—

1st. Cooked in a casserole with 1 or 2 tablespoonfuls of water, salt, pepper and butter.

2nd. Steamed and mashed with plenty of butter.

3rd. Steamed and creamed with white sauce.

Rutabagas are best sliced thin, steamed and mashed. This is also true of white turnips when older.

Parsnips

Parsnips are a winter vegetable. They are rich in minerals—especially calcium, potassium and phosphorus.

They also should come back into greater popularity and appear on our menus once or twice a week.

1st. They are most delicious served with stews and fricassees. When served this way they may be cut into slices lengthwise, boiled and their juices used for the gravy of the meat.

2nd. Cut into slices lengthwise, steamed and turned over in browning butter (not fried), but deliciously seasoned this way.

3rd. Steamed and served with white sauce.

4th. Diced and creamed. For this they may be boiled and served in their own juice prepared as for carrots with some milk or cream added, but never boiled.

Potatoes

The richest of all the tubers in minerals. Boiled it loses its minerals in the water and becomes an acid food because

of the great amount of starch. Baked, the minerals predominate and more than neutralize the acid of the starch.

Couldn't we go back to our childhood habits and "Let's pretend" there is only *one* way of cooking potatoes? If the family tires of his brown coat let him disappear from the table entirely for two or three days. He will be very welcome when he comes back.

For variety, however, potatoes may be served in any of the following ways:—

1st. Baked (thoroughly scrubbed first) and served immediately when done. Standing makes them soggy.

2nd. Stuffed. For this bake as above. When done cut in two (or cut a slice off lengthwise), scoop out the inside, mash, season with salt, butter and milk. Return this to the skins, pin together with toothpicks and bake in moderate oven for five to ten minutes.

3rd. Steamed in their jackets. They must be removed from steamer the moment they are cooked, otherwise they are soggy. They may then be peeled (remove the brown skin only) and served plain or mashed. New potatoes are delicious turned over and over whole in butter browning in a frying pan.

4th. Scalloped. Sliced into a casserole with plenty of milk and seasoned with butter, pepper and salt.

5th. Au gratin. Same as 4th with generous layers of grated cheese. Steam them first—in skins.

6th. Lyonnaise. Same as 4th with layers of thinly sliced raw onions.

The last three ways are not so good as the first because the potatoes are peeled. However, their juices are not entirely lost.

Onions

Onions are rich in sulphur, iron and other minerals and vitamins. Our grandmothers pinned their faith to the cura-

tive value of "Onion Syrup" in colds—and with good reason.

Try to have onions in some form once or twice a week. Besides the minerals and vitamins which they contain they are a splendid body regulator. They are really a leafy vegetable but you may alternate them with your tubers. There is probably no vegetable of greater value than the humble onion.

Chopped and used as seasoning they are well appreciated, but as a vegetable in their own right they are not half so popular as they should be. They may be served:—

1st. Baked in their skins. (They require about as much time as potatoes.) Then peeled and served with butter. They are delicious.

2nd. Steamed and served with butter or white sauce.

3rd. Boiled—the water saved for soup—and served with butter or they may be served in their own sauce (prepared as for carrots) to which is added the beaten yolk of an egg and a little cream.

4th. Cooked in a casserole with milk butter and seasoning.

Cabbage

Cabbage is very rich in sulphur and hydrogen. Its food value is greatest served raw in salads. It is sometimes made very indigestible by wrong cooking or over cooking. It should not be boiled with greasy meats. Instead it should be prepared, quartered and soaked in cold water for at least an hour before cooking, then—

1st. Steamed one hour or until tender, placed in shallow dish, cut fine and served with salt, pepper and butter or with white sauce thinned with cream.

It will cook quicker if cut into coarse shreds.

It also seems more delicate this way.

2nd. Boiled about three-quarters of an hour in an

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uncovered kettle—the liquid used for soup stock—and served same as above or creamed.

If you are not making soup stock try cream of cabbage soup or else *steam the cabbage*.

3rd. Cooked in a casserole (1 hour) with a little water, butter, pepper and salt. Never use vinegar on cabbage.

Savoy (Curly Cabbage)

This cabbage is very delicate and digestible. It should be prepared and served the same as cabbage. It takes less time to cook, 20 to 30 minutes being sufficient.

Brussels Sprouts

The most delicate of all the cabbage family. To prepare, remove the loose outer leaves, let stand in cold water 30 minutes. Steam $\frac{3}{4}$ of an hour (until tender), and serve same as cabbage. They may also be cooked in a casserole the same as cabbage.

Cauliflower

Separate into flowerets and let stand in cold water one hour, then—

1st. Steam and serve with butter sauce or white sauce.

2nd. Boil—about 20 minutes. Use the juice and about $\frac{1}{4}$ of the flowerets for cream soup and serve cauliflower same as above.

3rd. Au gratin—first cook the cauliflower, then place in casserole, pour over it some white sauce *thinned with cream*. sprinkle grated cheese over top and brown.

4th. Au casserole with milk, butter, pepper and salt.

Celery

The outer stalks which are not fit for the table are appetizing and beneficial when cut into pieces, stewed and served

in their own sauce. The same should be thickened with meal and flavored with butter and the beaten yolk of an egg added.

Asparagus

Rich in mineral value. Boiled, the water makes a most delicious cream soup. The simple ways of serving are: The entire stalk on toast or cut into inch lengths and served with butter or cream or white sauce.

There are many fancy asparagus dishes, but always save the liquid for soup, or else steam the asparagus or cook in a casserole.

Spinach

Rich in mineral value, especially potassium, iron and iodine. Like all of the green vegetables it should appear on the menu often. It may be:—

1st. Cut fine or put through the meat chopper (to reduce its bulk) and cooked in a casserole without water, seasoned with salt, pepper and butter (about 20 minutes.)

2nd. Boiled—the water used for cream soup and served with salt, pepper and butter. The hard boiled yolks of eggs may be sliced and arranged on top.

3rd. Spinach may also be cooked directly over the fire without water. (This, however, requires watching to keep from burning). It may then be creamed by adding a little milk, butter and seasoning.

There are several fancy ways of preparing spinach, all of which are good provided the juice is not wasted.

Beet top and other greens are cooked in the same way as spinach and the water used for soup stock.

(Never use vinegar on greens.)

String Beans

String beans or butter beans may be steamed or cooked in a casserole and served with butter or white sauce.

Lima Beans

Almost every good cook gives you explicit directions as to how to remove the outer skin of the bean. Dismiss these directions from your mind. The outer skin like the bran of the wheat has its definite value. Do not remove it.

To stew fresh lima beans, cook directly over fire about 20 minutes letting water boil well down, then transfer to a double boiler and let simmer about 30 minutes. Add butter, salt and pepper and serve. (Add milk or cream also if desired.)

Dried lima beans should be soaked overnight. In the morning do not drain—add sufficient water, bring to boiling point, turn down fire and allow to simmer 3 or 4 hours. They should be served in their own juice which, when sufficiently cooked, should be quite thick. Flavor generously with butter. The flavor is improved by boiling with them for the last half hour a small bag of sweet Marjoram and thyme. French people like to cook with them the left over bone of roast lamb for flavor.

Dried White Beans, Peas and Lentils

Prepare the same as lima beans whether they are to be used as soup, served plain or baked. They need several hours cooking.

The fireless cooker is ideal for the above.

Brown Rice

Brown rice is so rich in nutriment that it is wise to contrive as many ways as possible to serve it appetizingly. Following are some suggestions:—

- 1st. It may be served as a vegetable instead of potatoes with butter, pepper and salt. (For directions see p. 65.)
- 2nd. It is delicious with fricassee of chicken (or other

fricassee) arranged around the platter in mounds and served with plenty of gravy, or:—

Rice with Poached Eggs

Boil 1 cup of rice and while rice is cooking make a dressing as follows:—Put 1 tablespoonful of butter into a saucepan, melt, and rub into it 1 tablespoonful of flour; into this stir slowly 1½ cups of vegetable stock (or milk or water); season to taste; pour over the rice and serve with poached eggs.

The dressing for above may be varied by using tomato juice instead of the stock (rub canned tomatoes through a sieve), or a mixture of tomato juice and chopped mushrooms and onions. The latter is delicious.

Scalloped Rice

Boil rice until tender, salt it. Arrange a layer of rice and a layer of grated cheese, another layer of rice and so on—having cheese on top. Moisten very well with milk and bake until brown.

Brown rice may be substituted for macaroni or spaghetti in any of your recipes for the latter.

Brown rice fritters are delicious.

BREADS

Too much stress cannot be laid upon the importance of your whole wheat bread. Following is the recipe given to us by Mrs. Wheeler, the story of whose whole wheat family can be found on page 56.

Follow this recipe *exactly*, not approximately. Mrs. Wheeler never varies it and it never fails.

To use it successfully you must have a bread mixer. The dough is very thin, very sticky and hard to handle. The reason for this is obvious; the bran absorbs the moisture in cooking, hence the dough requires more water than other flours.

Lighten your flour before using; i.e.:—handle it twice. It packs too heavy in the bag. Transfer it from bag to other receptacle before measuring. You may sift it and examine the siftings for cleanliness—but the siftings *must* be put back into the flour.

Do not fill the bread pans too full. They must not overflow in the cooking.

Also do not use deep bread tins— $2\frac{1}{2}$ to 3 in. is deep enough. A good sized tin is $8\frac{1}{2}$ in. by $3\frac{1}{2}$ in. by $2\frac{3}{4}$ in. bottom measurements.

Do not cut the bread until the day after it is baked and use a very sharp knife. You can ruin a good loaf by cutting it with a dull knife.

The recipe follows:—

Whole Wheat Bread—(Mrs. Wheeler)

Dissolve one cake of yeast in one cup of lukewarm water before you do anything else. Set it aside to dissolve.

Next combine the following ingredients, being sure to

have the water warm enough so that the completed mixture will be lukewarm.

- 1 level tablespoonful of butter.
- 2 level tablespoonfuls of salt.
- 3 level tablespoonfuls of sugar.
- 1 $\frac{1}{4}$ cups of milk.
- 4 cups of lukewarm water.

To this combination add the dissolved yeast. Be sure that the whole thing is lukewarm. Insufficient warmth will ruin the result.

Add now 13 1-3 cups of whole wheat flour, and turn in a bread mixer for seven minutes. Don't fail to use a mixer, as this dough is very thin and sticky.

Cover the top of the mixer, and let it stand in a warm place for from four to six hours. If the dough takes six hours to rise it has had insufficient heat either in the mixing or during the rising period, and the bread will probably not turn out as well as it should. The ideal rising period is a trifle over four hours. The dough should rise till it is almost twice as high in the mixer as at first, the risen dough filling an ordinary sized mixer about two-thirds full.

Divide the dough into three parts, put it in buttered bread pans, and set it aside in a warm place till it rises to the top of the pans. Before rising in the pans the dough will fill each pan a little more than half full, if they be full sized pans. (If small the above makes 4 loaves.) For the dough to rise in the pans should take eighteen to twenty minutes. A good way to get enough warmth to cause this rapid rise of the dough is to light your oven and place the dough near it.

When you put your bread in the oven be sure that the oven is *very hot*. After the bread has been in that heat for five minutes turn the burners lower, to the point which will give what you ordinarily consider a "moderate" oven. Bake for fifty-five or sixty minutes, changing the location of the

pans in the oven occasionally so that all sides will bake evenly. On removing from the oven, butter the tops of the loaves, and let them stand to cool. As a result of this method of baking the loaves will have a thick, firm crust, and the bread itself will be light. Don't cut the bread till the next day, and when you do, use a very sharp knife. In cutting, save the crumbs by sweeping them off the bread-board into a special crock. They can be used for thickening."

You will note that no mention is made of kneading the bread or forming into loaves. When the dough is sufficiently risen in the mixer, turn the mixer crank a few times, then take the soft dough right in your hands and put it directly into the buttered bread tins—which *should be hot*. Heat is a real factor all the way through.

In just one way the above recipe varies and that is the time for cooking. Sometimes the bread may need an hour and a quarter or even an hour and a half, depending on your oven. Test it with a straw and listen for the *absence* of sound before removing from oven.

The appearance of the loaf is flat and brown almost like a fruit cake.

Put raisins into a loaf. It will be much like fruit cake.

If you have failed in your locality to procure 100 per cent flour, use the kind which is on the market (80 per cent) plus a little bran (about a tablespoonful to each pound), plus one or two cups of graham. With this mixture, however, you cannot use above recipe. It will require more flour. The dough must not be so thin and sticky as above and yet must be considerably softer than a white flour dough.

Persist until you secure 100 per cent flour.

Plain Whole Wheat Muffins

2 cups whole wheat flour

1/3 cup sugar

1 rounding teaspoonful baking powder

$\frac{1}{2}$ teaspoonful salt

$1\frac{1}{4}$ cups sour milk

$\frac{1}{2}$ level teaspoonful baking soda

1 egg

1 tablespoonful butter (melted).

Mix the dry ingredients. Beat the egg, add the milk, then the melted butter, then the dry ingredients. Beat well and bake in 12 greased gem tins 17 to 20 minutes. Very hot oven first 5 minutes, then moderate.

If sweet milk is used omit the soda and use two heaping teaspoonfuls of baking powder.

Chopped raisins or dates can be added to this recipe.

Whole Wheat Fruit Muffins—(Mrs. Wheeler) (One Dozen)

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup of butter or $\frac{1}{2}$ cup of sawtay

2 eggs

$\frac{3}{4}$ cup of milk

$\frac{1}{2}$ cup chopped raisins and dates

2 cups of whole wheat flour

2 level teaspoonfuls of baking powder

$\frac{1}{2}$ level teaspoonful each of cloves, salt, allspice, ginger, cinnamon and nutmeg.

1st. Cream the butter and sugar.

2nd. Add the beaten eggs.

3rd. Mix the dry ingredients together and add them.

4th. Put in the milk.

Bake in muffin tins for about 35 minutes. Have the oven very hot for the first five minutes. After that use a moderate oven."

Old-Fashioned Nut Loaf

$3\frac{1}{2}$ cups of whole wheat flour

4 rounding teaspoonfuls of baking powder

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$\frac{1}{4}$ cup sugar
1 teaspoonful salt
1 cup chopped nuts
1 cup chopped raisins
1 egg
 $2\frac{1}{4}$ cups of milk
1 tablespoonful butter.

Mix the flour, baking powder, salt and sugar; beat the egg, stir in the milk; into this stir the dry ingredients, add the nuts and raisins last. Let stand in warm place for 20 minutes and bake in moderate oven for 50 minutes. This also, like plain bread, sometimes takes longer to cook. Test it with straw. Unless dry it is not done. It may take $1\frac{1}{3}$ hours.

For Date Bread use $1\frac{1}{2}$ cups dates instead of nuts and raisins—or 1 cup dates and $\frac{3}{4}$ cups nuts.

Date Gems

2 eggs
 $\frac{1}{4}$ pound dates
1 cup milk
 $1\frac{1}{2}$ cups flour
2 teaspoonfuls baking powder
 $\frac{1}{2}$ teaspoonful salt.

Beat the yolks; add the milk, the flour and beat until smooth; add the baking powder and the dates, chopped. Mix thoroughly. Bake in twelve greased gem pans, in a quick oven 30 minutes. Serve hot.

Chopped raisins may be substituted for dates.

Whole Wheat Crackers

(Unleavened whole wheat bread)

Mix $\frac{1}{2}$ pint of milk with $\frac{1}{2}$ pint of water. Rub into 1 quart of flour, two tablespoonfuls of butter; add gradually

the milk and water. You must have a hard, almost dry dough. Knead this dough for fifteen minutes, then pound it with a hatchet or ordinary beefsteak pounder, folding it over, enveloping the air. Cut the dough into quarters; roll each piece just as thin as possible. Cut into rounds or squares, lay them in a lightly greased pan, and bake in a moderate oven until crisp and slightly brown. The only thing to be remembered is that the dough must be very hard and must be well manipulated.

Whole Wheat Waffles—(Mrs. Wheeler)

- 3 cups of whole wheat flour
- 2 cups of milk
- 2 eggs
- 3 level teaspoonfuls of baking powder
- 1 level teaspoonful of salt
- 1 tablespoonful of melted butter.
- 1st. Mix the flour, baking powder and salt.
- 2nd. Add the milk.
- 3rd. Add the eggs, well beaten.
- 4th. Mix thoroughly, and bake on a hot waffle iron.

Southern Corn Pone

- 2 cups sour milk
- $\frac{1}{2}$ teaspoonful salt
- $\frac{1}{2}$ (level) teaspoonful baking powder
- 1 tablespoonful melted butter
- 2 cups coarse corn meal.

Mix salt and meal, add melted butter. Dissolve soda in milk and stir into meal. Stir well. Make small oblong "pones" about $\frac{1}{2}$ inch thick.

Place in greased pan and bake until brown.

Johnny Cake

- 1 cup whole wheat flour
- 1 cup corn meal
- $\frac{1}{3}$ cup sugar
- 1 rounding teaspoonful baking powder
- $\frac{1}{2}$ teaspoonful salt
- $1\frac{1}{4}$ cup sour milk
- $\frac{1}{2}$ level teaspoonful baking soda
- 1 egg
- 1 tablespoonful butter (melted).

Mix the dry ingredients. Beat the egg, add the milk, then the melted butter, then the dry ingredients. Beat well and bake in greased shallow tin 17 to 20 minutes. Very hot oven first 5 minutes, then moderate.

The above may be baked in gem tins if desired.

Any good recipe you may have for muffins, etc., can be used substituting whole wheat for white flour; using a little less of the whole wheat (slack cupfuls).

Whole Wheat Pie Crust—(Mrs. Wheeler)

The following recipe makes top and bottom crust for two pies.

- 3 cups of whole wheat flour
- $\frac{3}{4}$ of a teaspoonful of salt
- $\frac{3}{4}$ of a teaspoonful of baking powder
- $\frac{1}{8}$ of a cup of butter and sawtay, or any good shortening
- 9 tablespoonfuls of cold water.

Whole wheat pie crust is more brittle than that made with white flour, and is therefore difficult to roll into a single sheet. It tastes equally good, however, when cut into strips.

Whole Wheat Flour to Thicken Gravy
(Mrs. Wheeler)

Put one cup of whole wheat flour in a dry skillet; stir continually over a fire till it is brown. Add this to the juice of the roast, with the amount of water necessary to give it a satisfactory consistency. Add a pinch of salt. This use of the whole wheat flour gives a gravy of much more delicious flavor than can be made with white flour.

SALAD HINTS

Have salad, salad, salad. Mix and utilize raw green things of all kinds. Use left over vegetables—but always with the crisp lettuce leaves and the delicious, nourishing dressings.

Don't use vinegar—use lemon juice instead. In the good old days when vinegar was "cider" it was not so bad, but keep the acids which are called "vinegar" today, out of the reach of the children. Lemon juice tastes better, it is a food and it brings out the flavor of other fruits and vegetables.

All green leaves contain the vitamins. All green leaves are rich in minerals. *Many* of these are more effective in their raw state than when cooked.

Have a salad at every dinner.

Have a crisp head lettuce—or water cress—or water cress and young dandelion greens, or lettuce with left over string beans, etc., etc. The variety is endless.

Mixed Vegetable Salads

May be made from any available mixture of cooked or raw vegetables.

Suggestions:—

Asparagus and green peas served on a lettuce leaf with French dressing or mayonnaise.

Left over boiled beets may be diced and served on a lettuce leaf with something white—such as diced apple or shredded cabbage. Boiled dressing—celery—nuts.

During spring and summer the raw vegetables and greens should be used as much as possible. Two which should be used as often as possible and with any mixed vegetable combination are spinach and grated or ground carrots.

Spinach is most rich in iron and other minerals. Some of this value is lost in cooking no matter how careful you may be. Raw, the taste is not pleasant—hence take one or two raw spinach leaves, chop very fine and sprinkle over any and every salad you make. Disguised with the salad dressing they make a palatable tonic. Use as much of the spinach in this way as you can without detracting from the flavor of the salad.

This is also true of grated or ground carrots.

No. 1. Try diced apple and ground carrots and nuts served on lettuce with a sprinkle of spinach and a boiled salad dressing.

or

No. 2. Shredded cabbage and ground carrot and raisins with a sprinkle of spinach served with mayonnaise or French dressing with an extra dash of lemon juice.

or

No. 3. Shredded cabbage and diced apples with chopped raisins and a boiled salad dressing.

Serve grated carrots with your left over string beans or your diced beets,—or any other combination your fancy may direct.

Keep a few spinach leaves in the icebox for above purpose. Remember—they will not add to the flavor of anything—you are using them for their tonic value.

Use chopped chives or parsley frequently.

Use chopped raisins, chopped dates and chopped nuts with any vegetable salad mixture. Sprinkle a few nuts on any or everything.

Raw cabbage has also greater value than cooked. And it is available in all seasons. Shred and serve in any combination you wish. But do not soak it with vinegar. Any salad dressing.

Cabbage Salad

The following recipe for cabbage salad was given me by an old German housewife.

Strip from the head the tenderest leaves. Cut out the thick center leaf vein. Lay three or four of these half leaves together, roll as tight as possible. With a very sharp knife shave sections through the roll. The shavings should be extremely fine.

Rub a salad bowl with garlic (or mix some finely chopped onion with the cabbage), place the shavings in bowl, season to taste, mix well with French dressing, cover and let stand over night (or for several hours before using).

Tomatoes

Are very popular, and with reason. They are very rich in minerals and vitamins. Their combinations and fancy salads are numerous. With the seeds scooped out and the bowl filled with diced cucumbers and served on lettuce leaves with mayonnaise or boiled dressing they are delicious.

If served plain—sliced—they should be eaten with neither sugar nor vinegar. Just salt or any salad dressing.

The discovery of Water Soluble C in tomato juice and the further discovery that cooking did not destroy this vitamin have given to the tomato a new significance. This is the vitamin which protects against scurvy, hence tomato juice is now given to infants who are fed on pasteurized milk in cases where orange juice is not available.

Cucumbers

The peeling of the cucumber should be quite thick. The cucumbers should then stand in very cold (preferably iced) water for at least one hour before using. Then sliced very thin and served on lettuce leaves with French dressing.

Cucumbers are used in all sorts of combinations. In most of these the seeds are scooped out and the meaty part diced.

Cucumbers should never be served soaked in vinegar. It is this which has made them "disagree" with many people.

If you can possibly eat them, cucumbers are one of the most valuable of the spring vegetables. If they have heretofore disagreed with you perhaps you ate them with vinegar or with the wrong combination of other foods. Plain starch (such as boiled potatoes and white bread) will not combine with cucumbers. Your distress may not have been the fault of the cucumbers at all. Try them once at a meal at which you eat neither potatoes nor white bread. The genuine—

Combination Salad

Is head lettuce leaves, sliced cucumbers and tomatoes. It is best served with French dressing or mayonnaise.

But there are so many "combinations."

Waldorf Salad

Is diced apples, chopped nuts and celery served with sweet boiled dressing.

Fruit Salads

Any combination of fresh raw fruits served on lettuce leaves with boiled salad dressing and generously sprinkled with nuts is delicious and rich in mineral salts.

Cooked fruits were never intended for salads nor cocktails. The raw fruit combinations in both salads and cocktails are served without sugar. The original—

Fruit Salad

'Was a combination of oranges, diced bananas, Malaga grapes and nuts, served with boiled dressing.

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A banana split lengthwise, sprinkled with nuts served on a lettuce leaf is served also with boiled dressing but a diced banana and nut salad is best with equal parts of olive oil and lemon juice, mixed drop by drop.

Carrot and Cottage Cheese Salad

Carrot and Cottage Cheese Salad is made of about equal parts of cottage cheese and ground carrots with about $\frac{1}{3}$ the quantity of chopped nuts. Season to taste and flavor generously with lemon juice.

Cream Cheese and Crushed Fruit

Most of you are familiar with the cream cheese and bar-le-duc mixture. (Bar-le-duc is a combination of red currants, lemon juice and honey.) A similar paste can be made of the cheese and any small fruit jam or jelly. These mixtures are delicious served with crackers.

Cream cheese is also good with chopped raisins or figs or with cooked (or canned) pimento which has been put through the grinder.

SALAD DRESSINGS

When lemons are to be had do not use vinegar in salad dressings. There are three reasons. The lemon juice is a food in itself ; it will give a better flavor to the dressing ; and it brings out the natural flavor of other fruits.

Don't use plain vinegar on anything.

French Dressing

Real French dressing is made with 4 parts oil to 1 part lemon juice. The lemon juice should be beaten into the oil drop by drop. A pinch of salt and a dash of paprika are added to taste. It will keep indefinitely in a cool place.

For fruit salads where French dressing is desired it should be equal parts of oil and lemon juice. The latter brings out the flavor of the fruit. This is good with a grapefruit or diced banana salad.

Mayonnaise

Place two egg yolks in small sized old-fashioned mixing bowl, which runs to a point at the bottom. Beat with a fork first. Add one-half teaspoonful salt, one-half teaspoonful dry mustard and a dash of cayenne. Then take Dover egg beater (the one with the wheel and rotary motion) and have some one drop in olive oil drop by drop while you beat constantly. When the mixture gets very stiff, drop in the same way about one-half tablespoonful of lemon juice. This thins the mixture. Then add more oil until very thick, then more lemon juice and so on until dressing has right consistency and flavor. It usually takes the juice of one small lemon to a half pint can of olive oil. The oil must go in very slowly at the start or the mixture will separate. When it is smooth and about half made, the oil may be

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added faster (one-half teaspoonful in a tiny stream), likewise the lemon juice.

This dressing should be tightly covered and kept in a refrigerator. It will keep for several days.

If it separates, either during mixing or after standing, it can be made smooth again by taking another egg yolk and beating mixture into it almost as slowly as above.

"Droppers" for making this dressing can be bought at any hardware store for ten cents.

Cream Mayonnaise

Make mayonnaise exactly as above and just before serving beat into it very thick well whipped cream using about equal parts of cream and mayonnaise. Thin whipped cream will not answer. This dressing is delicious with crisp head lettuce—with lettuce and tomatoes or with fruit salads.

Boiled Salad Dressing

- 2 eggs
- 3 tablespoonfuls sugar
- 1 cup lemon juice and water
- 1 cup milk
- 1 tablespoonful flour
- 1 teaspoonful dry mustard
- 1 level teaspoonful salt
- 1 tablespoonful butter.

Put the milk to scald in double boiler; melt butter; rub butter and flour together until smooth; add the beaten eggs. Into this stir the hot milk. Return to double boiler and cook until the eggs are cooked; stirring constantly two or three minutes. Remove from the fire and stir in slowly the sugar, salt and mustard (moistened in a little water). Return to fire and cook until thick and smooth, stirring constantly. When almost done add the lemon juice.

FRUIT

Fruit is one of God's blessing to man, delicious, appetizing, it stimulates the flow of gastric juices. Grateful to the parched throats of the sick; eagerly eaten by children it has, unknown to themselves, saved the lives of many people whose bodies were otherwise mineral starved.

With the minerals removed from our grains and the waste of the soluble mineral salts in cooking our vegetables, fruits have indeed been a God-send; for fruits are mineral laden to the last degree and also contain in abundance the water soluble vitamins B and C.

Cultivate your taste for fruits of all kinds. Increase the demand and thereby encourage the fruit farmer, which will increase the supply and thus fruits will be cheaper. Let us all help to get these precious life savers within the reach of the poor.

Eat fresh fruits and fresh fruits in season—at any or every meal and between meals. Their value has been much underestimated. Give them to the children instead of candy. Serve them in salads and cocktails. Serve the latter without sugar. Sugar is not an appetizer.

Serve fresh fruit always without sugar—this means grapefruit, oranges, et al. All fruit contains its own natural sugar in sufficient quantities. If it is not good enough to eat in its natural state—let it alone. Why should you need sugar on sliced oranges at the table—you relish the whole fruit without sugar between meals—(Habit). Sugar does not mix with fruit acids and very often sets up a fermentation in the stomach. Teach the children to enjoy their fruit without sugar. They will like it just as well provided the sweetened habit is never formed.

It is the sugar and starches (white bread, cake, etc.),

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eaten with fruit which sometimes cause intestinal disturbance. It is very rarely the fruit.

A tablespoonful of lemon juice in a glass of cold water on a hot summer day is refreshing and will quench your thirst. (Sweetened lemonade will not.)

Cooked fruits are not so good as raw fruits. Cooking destroys some of the natural ferments and vitamins.

Some people have the false idea that fruit is acid and therefore must not be eaten with milk or in certain illnesses. This is not true. Fruit acids are immediately changed in the stomach and converted into their alkaline salts, thus forming the bases for neutralizing the acids of your body. Eaten raw and without sugar there is no better food for an acidosis patient.

Raisins contain more iron than any other article of food. Use them in every available way. Soaked overnight and boiled for a few minutes in the morning they are an excellent breakfast fruit.

Give raisins and dates to the children instead of candy.

Sun-dried fruits of all kinds are excellent. The pale (*beautiful looking*) dried peaches and apricots are dried with sulphurous acid (poison). Select the dark ones. They are cheaper and better.

Ask for *sun dried* fruits.

NUTS

Nuts of all kinds are rich in food value. Because of their protein content they are an excellent substitute for meat.

Hickory nuts are perhaps the most delicious cake nuts obtainable. The Brazil nut, being so rich and oily, is not so good in cake or nut loaf as the hickory nut or pecan or English walnut.

The latter are also the best for salads or candies.

Almonds may be blanched and salted at home and make an excellent dessert in themselves.

Nuts, however as dessert, are best served in their shells. There is less danger of eating them too rapidly and the element of sociability while picking and nibbling enters into the digestibility of the meal.

Use chopped nuts generously in salads and desserts. Serve them with raisins or figs for dessert frequently. Give them to the children instead of candy.

DESSERT SUGGESTIONS

Any plain cake recipe which you have can be made with the 80 per cent flour—or with equal parts whole wheat (100 per cent) and white. The fancier cakes, such as Angel food and Sunshine cake, will, of course, require white flour.

Once in a while, anyhow, you will “cheat” a little on your desserts. There will come the day for a delicious, flaky-crust, fresh berry pie (do not give the crust to the children), and for the ever-popular, always-welcome strawberry shortcake. These, however, *can* be made of whole wheat. Try them.

But if the body of your meal is carefully planned and the bulk of your dietary is along health building lines, a little spree now and then won't hurt you. It is the general living plan that we are fighting for.

Following are some light desserts:—

Prune Whip

Cook twenty large, meaty prunes until tender, stone, shred and beat to a pulp. Add to them a teaspoonful of lemon juice. Beat the white of 3 eggs until stiff. Add two table-spoonfuls granulated sugar. Fold in the prunes a little at a time beating constantly. Bake in moderate oven about fifteen minutes. Serve with whipped cream.

Queen of Puddings

Very similar to old-fashioned bread pudding, only made of whole wheat. Take the dry pieces of whole wheat bread, soak in one quart of milk about one hour. Then stir into this the beaten yolks of 2 eggs; sweeten with brown sugar

and season with nutmeg. Bake in moderate oven 20 to 30 minutes. Remove from oven and spread over top generous dabs of home made jelly. Beat the egg whites until stiff, add slack tablespoonful of sugar, spread over top and brown.

Marshmallow Pudding

Beat four egg whites to a stiff froth. Dissolve one rounded tablespoonful of powdered gelatine in one-half cup of cold water; then add one-half cupful of boiling water. When cool beat slowly into the egg whites and whip in one-half cup of sugar. Add flavoring or a few fresh or evaporated apricots mashed to a pulp. Stir until mixture hardens. Serve with whipped cream.

Charlotte Russe

To one-half pint of best quality whipping cream, add one generous teaspoonful vanilla and one heaping tablespoonful of powdered sugar and a pinch of salt. Beat with Dover egg beater until very stiff. (No gelatine or other thickening is needed.) Line five or six sherbet glasses or small tea-cups with split ladyfingers. Fill with above mixture and put on ice until ready to serve.

Noodle Custard

Cook one cupful of fine homemade noodles until tender. Drain. Add two well beaten eggs to a pint of milk, season with sugar, salt and nutmeg. Pour over the noodles and bake in moderate oven until thickened and brown.

Stewed Figs

Soak in hot water large pulled figs for six or eight hours or overnight. Boil for two or three minutes. Drain off the juice and boil down to a thin syrup. Pour over the figs. Serve with or without cream.

Fruit Ices and Frozen Fruits

If you get an ice cream freezer the recipes for above will accompany the freezer. The fruit ices made with gelatine and fruit juice taste infinitely better than "store" ice cream and are very inexpensive.

Real home made ice cream once in a while—made with real cream is a treat fit for the gods.

Whole Wheat Layer Cake—(Mrs. Wheeler)

3 eggs

1½ cups of sugar

½ cup of butter

1½ cups of milk

3 cups of whole wheat flour

¼ teaspoonful of salt

¼ teaspoonful of nutmeg

3 level teaspoonfuls of baking powder (Royal).

1st. Beat the eggs well.

2nd. Add the sugar, butter, milk, salt and nutmeg.

3rd. Add the flour gradually.

4th. Add the baking powder.

Have the oven very hot for the first five minutes; after that bake in moderate oven for forty-five minutes.

Use any kind of icing.

Rhubarb Pudding

In the spring make a batter on above recipe (or on any cake recipe). Get young strawberry rhubarb cut into inch lengths. Stir two cups of the uncooked rhubarb into the batter and bake in moderate oven.

Serve with any pudding sauce.

Huckleberry Pudding

Make same as above, using two cups of fresh, uncooked huckleberries instead of the rhubarb.

Shortcake

Bake a pan of whole wheat muffins (see recipe). Split them, butter them. Serve them open on the dessert plate with generous serving of berries or sliced peaches on top.

The fruit should be cut and sugared a half hour before serving.

This is better than any kind of white-flour shortcake.

Serve hot.

SOME UNUSUAL RECIPES

(To Vary Monotony)

Chicken Chop Suey

Take about three cupfuls of left over chicken, cut into small pieces, place in frying pan with butter or fat, shake or stir over fire until brown. Remove from fire and drain off any surplus grease. To this add two cups of celery cut into inch pieces, two cups of onions cut small and two cups of oriental sprouts. To this add water, not enough to cover, but enough to keep moist—season with salt, pepper and paprika and let simmer about three hours. Stir occasionally and add water if needed. When ready to serve add oriental sauce if desired—though this is not necessary.

Cook one cup of brown rice and serve with above.

If you have not oriental sprouts at hand put three cups each of celery and onions (equal parts with quantity of meat cooked).

The above can also be made with other meat than chicken. Cut the raw meat into inch squares, brown and proceed as above.

It will also be found easier to put the mixture into a shallow dish—set the dish inside of an old-fashioned steamer and steam two to three hours. For this use less water. The fireless cooker is ideal for above.

*Celery and Nut Loaf*¹

- 1 tablespoonful of salt
- 2 tablespoonfuls grated onion
- 2 tablespoonfuls of butter
- 1 tablespoonful grated cheese

¹Eugene Christian.

- 2 eggs
- 1¼ cups toasted bread crumbs
- 1½ cups strained tomato
- ¾ cup chopped nuts
- 1 cup celery chopped fine.

Add all ingredients to the strained tomato; mix well and last add the stiffly beaten eggs.

Bake in a well oiled tin about 35 or 40 minutes.

Serve with cream or parsley sauce.

This is fine for a meatless meal.

*Corn Roast*¹

- 1 cup of stewed (or canned) corn
 - 3 teaspoonfuls of grated onion
 - ¼ cup chopped nuts
 - 1 cup milk
 - 2 eggs
 - 1½ cups toasted bread crumbs
- Salt, pepper or paprika.

Beat the eggs and add milk, corn, salt, pepper, bread crumbs and nuts and onion. Mix well and let stand 10 or 15 minutes, then bake in a well oiled pan 35 or 40 minutes.

This is fine for a meatless meal.

Scalloped Salmon

Make a white sauce as per direction on page 79. To this add a well beaten egg and stir until thick. This is sufficient for one large can of salmon. Grease a baking dish and put a layer of salmon and then a layer of white sauce, then another layer of salmon and so on. White sauce on top. Cover the top with cracker crumbs or rolled bread crumbs and bake for 20 to 30 minutes.

¹Eugene Christian.

Salmon and Rice

Cook one cup of brown rice and line well greased baking dish. Flake one large can of salmon. Make dressing as follows:

Beat 2 eggs, $\frac{1}{2}$ cup of milk, 1 tablespoonful of butter and seasoning. Stir this into the salmon, place in nest of rice, cover with a little rice and steam for 1 hour. If baked, casserole must have cover and set (preferably) in pan of water in oven. Serve with or without white sauce.

Salmon Loaf

Into 1 small can of salmon stir 1 well beaten egg, $\frac{1}{2}$ cup milk and 1 cup crumbs. Season well with salt, pepper and paprika. Bake in well buttered dish for fifteen minutes. Serve hot.

Any of the above dishes may be made substituting tuna fish for salmon. Some people prefer the more delicate flavor of the tuna fish.

Tuna Fish Salad

Flake the fish and use about equal part chopped celery. Moisten well with boiled dressing which has been thinned with lemon juice. Season with salt, pepper and paprika.

A French dressing made of equal parts oil and lemon juice and some chopped sweet peppers may also be used with above.

or

Serve the tuna fish plain at same meal with an excellent combination salad and eat them together.

Coddled Eggs

Instead of boiling eggs cook as follows:—Place eggs in cold water over fire. When the water reaches boiling point

remove from fire *immediately*. Leave the eggs in this hot water for exactly five minutes. This is the only way that eggs should be served to a delicate stomach. The white remains creamy and is infinitely more digestible.

Baked Bananas

Wash ripe bananas and bake in skins in moderate oven for 15 or 20 minutes, until thoroughly soft all through. They are done when juice begins to flow. Serve with cream.

They seem light, but two baked bananas will take the place of a cereal or a potato. They can form the body of a breakfast or luncheon.

They should not be served after an otherwise complete meal. We eat too much.

If preferred they may be baked until soft without skins.

VEGETABLE TONIC

(A fine mineral tonic for children—or adults.)

Get all kinds of fresh vegetables. If in season get the young ones with the tops on, fresh and juicy. Get everything—a bunch or two of carrots and tops, beets and tops, turnips and tops, parsnips, onions, spinach, lettuce leaves, cabbage leaves, cucumbers, etc. (Never use rhubarb leaves—they are poison.)

Put all through a grinder. (Place a receptacle under the grinder. The juices will flow.)

When chopped put into jelly bag and let drip overnight. In the morning press the remaining juices out with a small fruit press or any instrument you can contrive. (Will not someone devise and put on the market a small hand vegetable press?) Keep the juice thus obtained covered and in a cool place. Give the children a tablespoonful or a small wineglassful every day.

The value of the above tonic lies in the fact that it is uncooked and unadulterated. It is, therefore, a concentrated vegetable essence rich in both minerals and vitamins. It is fine for everybody in the spring—especially to the anemic or run down individual.

Quite a lot of trouble—yes; but the kiddies are worth it.

To Steep Bran

Place contents of a package of bran in a large kettle and pour over it sufficient boiling water to cover it. Contrive some way on your own stove to maintain the heat for 12 hours—Do not boil. Drain off the liquid. You will need to press the bran through a sieve, vegetable press or with your hands.

Keep in cool place and use 1 or 2 glasses per day.

(Do not imagine that the above is a laxative. It is not. The dry bran must be used for that.) The above has mineral value for an acidosis patient.

SWEETS FOR THE KIDDIES

Besides your stock of homemade jams and jellies (or when they run low) following are some quick marmalades which can be made in winter and which are excellent for bread spreads and sandwich fillers.

In addition to the regular three meals it is a good plan to give the children a systematic lunch after school. Not much. Perhaps just an apple or two cookies or a sweet sandwich or a glass of milk or nuts and raisins, etc. And just the amount given them. Not a continuous "piecing." If there are two or more children, let each child understand that his share is just that—no more. Don't weaken and you will have no trouble—but succumb to coaxing *once* and your troubles will begin. Children know their power. It rests with you.

*Date and Cranberry Marmalade*¹

Simmer together for 30 to 40 minutes 1 quart of cranberries and 1 pound of stoned dates in 1 pint of water with 2 cups of brown sugar.

Dried Apricot Conserve

Soak overnight $\frac{1}{2}$ pound of apricots in 2 cups of water. In the morning add 1 cup of raisins, the juice of 1 lemon; 1 whole orange sliced thin and cut into small pieces and 1 cup of honey. Let simmer 1 to $1\frac{1}{2}$ hours. When almost done add $\frac{1}{2}$ cup cut nuts. If too tart add brown sugar to taste.

Use these marmalades as bread spreads.

¹Tech. Educational Bulletin No. 30.

SWEET SANDWICH FILLERS

Date Sandwiches

Put 1 pound of stoned dates through a meat chopper. Add the juice of 1 orange and rub to a paste.

Spread between thin slices of buttered bread.

Date and Fig Sandwiches

Put a half pound of dates, $\frac{1}{2}$ pound of washed figs and $\frac{1}{4}$ pound of almonds (or other nuts) through a meat chopper—add the juice of an orange (or a little warm water) and pack the mixture into a half pound baking powder box. Dip the box in hot water. Let stand for 10 minutes. Turn out the mixture and cut into thin slices. Put a slice of the mixture between two thin slices of buttered bread. These are better than cookies.

Walnut Sandwiches

Mix 1 cup chopped nuts with $\frac{1}{2}$ cup boiled dressing thinned with cream. Place a thin layer on a lettuce leaf between two slices of buttered bread.

*Date Tarts*¹

(For Children's Parties.)

1st. Make a paste with $\frac{1}{2}$ pound chopped dates and $\frac{1}{2}$ pound chopped pecans or almonds moistened with a little orange juice.

2nd. Cut thin slices of whole wheat bread and cut same into circles or stars.

3rd. Spread $\frac{1}{2}$ of these pieces with above paste.

¹Mrs. Rorer.

4th. Take the other half of the bread slices and cut center holes with a very small biscuit cutter or wine glass (not more than $1\frac{1}{2}$ inches across.) Butter these rings, place on top of first slices and fill holes with home made jelly or jam.

Plain Whole Wheat Cookies

- $\frac{1}{2}$ cup butter
- 1 cup sugar
- 1 egg
- 2 tablespoonfuls water
- $\frac{1}{2}$ level teaspoonful bicarbonate of soda
- 2 tablespoonfuls milk.
- 3 cups whole wheat flour.

Beat the butter to a cream, add the egg and beat again well. Gradually beat in the sugar, add the soda dissolved in 2 tablespoonfuls of water, then the milk and last the flour slowly. The quantity of flour may vary a trifle. The dough must be quite stiff. Knead until the mixture will hold together. Roll very thin, places in well greased pan and bake in moderate oven about 7 to 10 minutes.

Like all whole wheat mixtures this dough is very brittle and difficult to roll. When ready to roll, see that your board is well dusted with white flour, pat the dough down with the hands as well as possible first, and dust the rolling pin with flour after each and every sweep.

Whole Wheat Hermits

Make dough same as above up to kneading point. Don't knead. Add $\frac{1}{2}$ cup milk or water and 1 cup each of chopped raisins and nuts (spices if desired.) Drop from spoon (about three inches apart) on well greased pan and bake same as cookies.

Whole Wheat Cookies—(Mrs. Wheeler)

- $\frac{1}{2}$ cup of butter
- 1 cup of brown sugar
- 1 cup of molasses
- $\frac{1}{2}$ cup chopped nuts and raisins (optional)
- 1 level teaspoonful each of salt, cloves, nutmeg, allspice and ginger
- 2 level teaspoonfuls of soda, dissolved in $\frac{1}{4}$ cup of hot water
- 5 cups of whole wheat flour.
- 1st. Mix the butter, brown sugar and molasses.
- 2nd. Add spices and salt.
- 3rd. Add the dissolved soda.
- 4th. Add the flour.
- 5th. Roll the mixture to $\frac{1}{2}$ inch thickness ; cut with a biscuit cutter and bake in a moderate oven.

Sometimes it is necessary to add 1 or 2 tablespoonfuls of milk if this mixture is too dry to roll.

CANDIES

Peanut Brittle

1st. Spread the peanuts singly over the bottom of a well buttered pan, dust with a very little salt.

2nd. Put 1 cup of granulated (cane) sugar into a smoking hot frying pan (it must be smoking hot), with *no* water and stir very rapidly until all melted.

Pour this over the peanuts and let stand until cool and crisp.

Divinity Fudge

2 cups granulated sugar

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup honey

1 cup nuts

Whites of 2 eggs

1 teaspoonful vanilla.

Put the sugar, water and honey into saucepan. Stir over fire until the sugar is melted, then boil slowly until it "hairs"—or forms a hard ball in water. Have the egg whites beaten stiff and the moment the sugar mixture "hairs" remove from the fire and pour very slowly into the egg whites while some one else beats latter constantly. When all mixed continue to beat rapidly. The mixture will become a white froth. It is sufficiently beaten when you can feel the grain in your fingers or taste same. The success of the candy lies in the beating. It may take ten, fifteen or even twenty minutes. It is very stiff and hard to beat toward the end.

Add the vanilla at any time while beating and the nuts when it begins to stiffen.

Turn out into well greased platter, let stand until partly cool. Then cut into squares and let stand again. It is best after some hours standing. Corn syrup or maple syrup may be substituted for honey.

Pinoche

- 1 cup brown sugar
- 1 cup milk (or thin cream)
- 1 teaspoonful vanilla
- 1 teaspoonful butter
- $\frac{1}{8}$ to $\frac{1}{4}$ teaspoonful cream of tartar (just a pinch)
- $\frac{3}{4}$ cup pecan or walnut meats
- Tiny pinch salt.

Mix the milk, sugar and cream of tartar, stir over fire until sugar is melted. Boil slowly until it "hairs" when dropped from spoon (or will form soft ball in cold water). Add nuts and remove from fire. Let stand to cool about a minute. Beat until it begins to thicken. Then pour at once into well greased platter. When cool cut into squares.

Creamy Fudge

Shave two squares of chocolate. Pour over this $\frac{1}{4}$ cup of milk. Stir constantly over fire until melted. Then add another $\frac{1}{4}$ cup of milk and stir again until perfectly smooth. Remove from fire and add 2 cups of granulated sugar, 1 level tablespoonful of butter and $\frac{1}{4}$ cup of corn sirup. Stir all over fire until sugar is dissolved. Then boil slowly until it will form soft ball in cold water (about 10 minutes).

Remove from fire, add 1 teaspoonful of vanilla and beat until creamy. Add nuts if desired.

PART III
COMBINING THE FOOD: MENUS

XI

FOODS FOR MINERAL VALUES AND VITAMINES

First, milk.

Second, the whole grains.

Third, the fresh vegetables, edible leaves and fruits.

These three roads lead to health. On the way we pick up lime, iron, phosphorus and all organic mineral salts; also "fat soluble A" and "water soluble B and C"—the vitamins.

MENUS

The following menus are handed to you as the last step in the bridge to your new routine. You have left the "Meat and potatoes and (white) bread and butter" dinner on the other side of the bridge and are about to start a dinner plan which shall consist chiefly of "Whole wheat bread, two fresh vegetables and a salad."

These menus were planned with a judicious balance of acids and bases as well as a balance in food values. Their chief aim is health.

A sufficient number and variety of combinations are given to start you right. After a while your own ingenuity and judgment will add to, and vary them so that monotony will be impossible.

It is a most wise thing for everyone to make a radical change in his diet once in a while. Almost everyone eats

too much of some one thing. This is especially true of meat. Meat is not at all a necessary food. Its only value is protein. There is plenty of protein for your needs in your other foods. Most people eat meat because they like it—or because the habit is formed. Let us modify the habit and, for the children anyhow, let us have meat only about twice a week. An overload of protein is the cause of much illness.

At a meat meal not more than one-fourth the quantity of food eaten should be meat—and not that much if eaten every day.

One of the reasons why meat is such a generally favorite food is because it is so often the only really tasty article of food on the table. If as much care were exercised to make vegetables or meat substitutes taste good there would be less danger of craving or eating too much meat.

Breakfast and luncheon should both be light meals.

For these, therefore, a lesser number of suggestions are given. The following will suffice:

Breakfast Menus

(For the Anemic or Convalescent or Undernourished)

1.

Fresh fruit—2 kinds
Milk—4 ($\frac{1}{2}$ pint) glasses
Bran—1 tablespoonful.

2.

Fresh fruit
Milk—2 or 3 glasses
Whole wheat muffin (1)
Bran (if constipated).

Prunes with cream

3.

1 coddled egg

2 or 3 whole wheat muffins

2 glasses milk.

Good Breakfasts for All

1.

Stewed figs

Cereal (whole grain), cream

Whole wheat toast and butter

Milk—1 or 2 glasses.

2.

Fresh fruit

Baked banana (2)

Milk—1 or 2 glasses.

3.

Fresh fruit

Whole wheat griddle cakes

Maple syrup or genuine cane syrup

Prunes with cream.

4.

Fresh fruit

Cereal (whole grain), cream

Coddled eggs (1)

Whole wheat (or corn) muffins.

Apples may be eaten every morning with just as good results as though the fruit varied. Baked bananas are best eaten as the body of the meal instead of a muffin and in addition to other fruit. When eaten raw they should be so ripe that the skin is discolored.

Change the cereal from morning to morning, remembering only that it must be prepared from the whole grain—thus:

1.

Orange juice
Brown rice with raisins
Corn meal gems
Prunes with cream
1 glass milk.

2.

Canteloupe (or fruit in season)
Whole wheat grain with cream
5 or 6 figs
1 glass milk.

3.

Grapefruit (without sugar)
Oatmeal with cream
Whole wheat toast
1 glass milk.

4.

Baked apple with cream
Corn meal or brown rice with cream
1 egg
1 slice whole wheat toast.

5.

Stewed figs or stewed raisins
Whole wheat and corn meal cakes, butter and maple syrup
1 or 2 glasses of milk.

In cold weather the milk should be lukewarm. In these menus no mention is made of tea or coffee. That is left to your own discretion. Children, however, should never have either.

Luncheon Menus

The anemic or person underweight may take for lunch another 3 or 4 glasses of milk with fruit and a date muffin or whole wheat muffin or baked banana.

It would be best for the busy man or the girl who works if they would order at noon such lunches as:

1.

Corn—1 or 2 ears

Milk or buttermilk—1 or 2 glasses

Fruit.

2.

Cream soup

Whole wheat or corn muffin or rye bread

Fruit and nuts.

3.

Corn muffin with butter

Something green

Nuts and raisins.

4.

Vegetable soup

Graham wafers

Fruit or nuts and raisins with cream cheese.

It sounds like nothing at all until after you have eaten it.

Other Lunches for Children or Adults

1.

Baked bananas (2)

Milk, 1 or 2 glasses

An apple

Nuts and cream cheese.

2.

Whole wheat bread and butter
Fresh spinach or asparagus
Milk—1 or 2 glasses
Dates and nuts.

3.

Corn pone or muffin, butter
Buttermilk—1 or 2 glasses
Cheese and raisins.

4.

Any cream soup
Whole wheat muffins or Johnny cake
Water cress or lettuce
Nuts and raisins.

5.

Corn on cob (1), butter
Milk or buttermilk—1 or 2 glasses
Baked bananas (1)
Nuts and raisins.

6.

Poached egg
Toasted whole wheat bread
Milk or buttermilk
Fruit.

For the younger children whole wheat bread and butter with honey, a glass of milk and an apple makes an excellent luncheon.

Also a bowl of soup, whole wheat bread and butter and an apple.

Dinner Menus

Proving how unnecessary is meat in the preparation of a delicious meal, following are fourteen full

four course dinners which do not include meat. The first seven include the fresh vegetables available in spring and summer; the second seven include those which are available in the winter.

To those who eat these meatless menus for the first time, it will seem when you start your meal as though there were "nothing to eat"—Try it. The result will be that you will eat far more plentifully of the vegetables and salads than you have hitherto done. You will rise from the table satisfied, but without the stuffed, uncomfortable feeling; moreover you will grow to like these meals. I have seen it prove out again and again—even in the case of men who had always thought meat was the great essential. The meals contain every element you need. If after eating one you crave meat it is a sure sign that the "appetite" has possession of you. This craving will disappear.

The menus follow:

Fourteen Meatless Menus

Spring and Summer

1.

Cream of asparagus soup

Oatmeal crackers—Radishes

New potatoes turned over in brown butter

Asparagus. New beets in butter

Whole wheat bread

Combination salad—Cheese

Charlotte russe.

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2.

Cream of corn soup

Whole wheat or oatmeal wafers

Young onions

New potatoes in cream

Green peas—Young carrots

Whole wheat bread

Crisp head lettuce

Cream cheese and crushed fruit with crackers.

3.

Cream of spinach soup

Oatmeal wafers—Green onions or radishes

New potatoes turned over in brown butter

Spinach—Young carrots

Whole wheat bread

Carrot and cottage cheese salad—Nuts

Raspberry ice, made of fresh fruit.

4.

Cream of celery soup

Whole wheat crackers—Celery

New potatoes—baked

String beans—Young, very tiny beets, leaves and all

Whole wheat bread

Crisp head lettuce or water cress

High grade gelatine dessert—Nuts.

5.

Any of the "Vegetable Stock" soups

Oatmeal wafers—Radishes or celery

Butter beans—Very tiny beets, tops and all
Whole wheat bread—Milk _____
Combination salad—Nuts _____
Peach ice—Made from fresh fruit, or strawberry shortcake.

6.

Any cream soup
Oatmeal or whole wheat wafers—Young onions
Brown rice (Served as a vegetable with butter)
Green peas—Young carrots
Whole wheat bread _____
Mixed vegetable (or combination) salad
Figs and cream cheese
Fruit.

7.

Any cream soup
Whole wheat crackers—Sliced tomatoes
Young turnips (steamed and mashed)
Corn on cob—Young carrots or young beets
Whole wheat bread—Milk _____
Crisp head lettuce or mixed vegetable salad
Charlotte russe or noodle custard.

Fall and Winter

1.

Thick bean soup
Whole wheat crackers—Celery
Hubbard squash (steamed and mashed)
Baked onions
Whole wheat bread _____

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Combination salad _____
Figs with cream cheese. _____

2.

Vegetable cream soup
Whole wheat crackers—Celery
Scalloped potatoes—Brussels sprouts
Johnny cake _____
Endive or head lettuce—Nuts
Prune whip.

3.

Thick pea soup
Whole wheat crackers—Celery
Scalloped rice—Creamed parsnips
Whole wheat bread _____
Mixed vegetable salad _____
Nuts, raisins and figs.

4.

Cream of cauliflower
Oatmeal or whole wheat wafers—Spanish onions
Stuffed potatoes—Cauliflower—Lima beans
Whole wheat bread _____
Waldorf salad _____
Queen of puddings or peach shortcake.

5.

Mock oyster soup
Whole wheat crackers—Celery
Stuffed potato—Creamed carrots—Stewed celery
Johnny cake _____

Fruit salad

Nuts and raisins.

6.

Vegetable consommé (see "Vegetable stock")

Oatmeal or whole wheat crackers—Celery

Corn roast

Scalloped potatoes—mashed turnips

Whole wheat bread

Head lettuce

Noodle custard.

7.

Cream of celery soup

Whole wheat or oatmeal crackers—Celery

Savoy—Creamed parsnips or carrots

Home baked beans

Whole wheat bread

Fruit salad—Nuts

Charlotte russe or prune whip.

You will find several menus without potatoes. Learn to plan one or two meals a week without them.

Seven Menus Including Meat

Following are seven course dinner menus which include meat with a judicious balancing of off-setting (alkaline) foods.

1.

Chicken soup

Whole wheat crackers—Celery

Fricassee of chicken

Brown rice—Parsnips (turned over in brown butter)

Whole wheat bread

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Mixed vegetable salad _____

Fruit. _____

2.

Cream of spinach soup

Oatmeal wafers—Celery _____

Roast lamb

Baked potatoes—Spinach

Whole wheat bread _____

Combination salad _____

Raisins and figs. _____

3.

Cream of asparagus soup

Whole wheat crackers—Radishes _____

Roast lamb

Potatoes (steamed in skins, then mashed)

Fresh asparagus or string beans _____

Fruit salad _____

Huckleberry pudding or shortcake. _____

4.

Thick bean soup

Oatmeal crackers—Celery _____

Crisp broiled bacon

Oyster plant—Brussels sprouts

Whole wheat bread _____

Combination salad _____

Noodle custard. _____

5.

Vegetable consommé (See "Vegetable Stock")

Whole wheat crackers—Ripe olives _____

Broiled lamb chops—Baked potatoes—Creamed carrots
 Whole wheat bread _____
 Mixed vegetable salad _____
 Fruit.

6.

Fruit cocktail—Celery _____
 Porterhouse steak (broiled)
 Baked potatoes—String beans or young carrots
 Whole wheat bread _____
 Combination salad _____
 Peach ice (made of the fresh fruit).

7.

Grapefruit cocktail _____
 Chicken chop suey
 Brown rice—Celery
 Whole wheat bread _____
 Head lettuce _____
 Charlotte russe.

Seven Menus, Including Meat Substitutes

Following are seven dinner menus which include definite meat substitutes.

1.

Cream of cauliflower soup
 Oatmeal wafers _____
 Scrambled eggs
 Scalloped potatoes
 Cauliflower—butter sauce _____
 Whole wheat bread _____

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Head lettuce

Nuts, figs and raisins.

2.

Cream of asparagus soup

Whole wheat crackers—Radishes

Tuna fish

New potatoes in cream

Fresh asparagus

Whole wheat bread

Combination salad

Prune whip.

3.

Plain vegetable soup

Oatmeal wafers—Celery

Corn' roast—Spinach

Sweet potatoes—Whole wheat bread

Endive salad

Figs and cream cheese.

4.

Vegetable cream soup

Whole wheat crackers

Scallops, oysters or fish

Baked squash—Stewed celery

Whole wheat bread

Fruit salad

Stewed figs.

5.

Cream of onion soup

Whole wheat crackers—Radishes

Broiled white fish
Baked potatoes—Baked onions
Whole wheat bread
Head lettuce
Prune whip.

6.

Pea soup
Whole wheat crackers—Ripe olives
Rice with poached eggs (See recipe)
String beans or young carrots
Whole wheat bread
Mixed vegetable salad
Fruit ice or gelatine dessert.

7.

Cream of celery soup
Oatmeal wafers—Radishes
Scalloped salmon
Stuffed potatoes
Young beets in butter sauce
Whole wheat bread
Apple and carrot salad
Charlotte russe.

Any of the foregoing menus can be used without the soup if desired.

It will be noted, however, that where thick soups are served the remainder of the dinner is lighter.

If, for example, you are fond of bean soup and eat plentifully of it you do not need potatoes at the same meal, and so on.

If the entire family are home for luncheon a good way is to serve these complete soups at that time and then plan the dinner without them.

Simple Dinner Menus

Consisting of

Whole Wheat Bread, Two Fresh Vegetables and a Salad

There comes the voice of some busy mother who says she hasn't time for the making of soups, salads, *et al.*, and who wants to hear more about the "Whole wheat bread, two fresh vegetables and a salad" plan.

She may take any of the foregoing menus and omit the soup—unless the soup is made for the purpose of using the juice of the vegetable cooked—in that case she must either make the soup or cook the vegetable in a casserole or steamer, or in its own juice.

For the simpler menus on the above plan there is always your whole wheat bread or muffins, varied by corn muffins or johnny cake and in the spring such combinations as new potatoes, young carrots and peas, and head lettuce (always with a little chopped spinach and nuts or perhaps some ground raw carrots). And again—Asparagus and beets and combination salad, etc., down through the list. And after all it doesn't take long to make asparagus or spinach soup; and on a hot day a fruit cocktail is very refreshing. Moreover these things cost less than meat. In the winter there is the combination of parsnips and brussels sprouts, or carrots and

cauliflower with the same combination, or mixed vegetable or fruit salads of which we never tire, plus a bit of cheese in some combination which you like—and don't forget the nuts and raisins.

Always in planning your "two fresh vegetables" have one which is a root and one which is not—thus: Carrots and parsnips being both roots do not make as good a combination as carrots and asparagus or parsnips and cauliflower.

Following are one dozen of these simple menus within the reach of all.

Spring and Summer

1.

Scalloped potatoes
Baked onions
Beet tops (or any greens)
Sliced tomatoes
Corn muffins—Milk
Prune whip.

2.

New potatoes
Asparagus (with butter sauce)
Young carrots (casserole)
Head lettuce—Young onions
Whole wheat bread
Cream cheese
Nuts and raisins.

3.

Young carrots
Spinach (creamed or in a casserole)
Celery

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Whole wheat bread
Combination salad
Custard or figs and cream cheese.

4.

Lima beans
Young carrots
Greens—any kind
Whole wheat bread
Fruit salad
Nuts and raisins.

5.

Scalloped rice
Young beet tops
Young carrots
Any green salad
Whole wheat bread
Noodle custard.

6.

Young carrots or turnips
New peas
Corn on cob
Whole wheat bread
Carrot and cottage cheese salad
Shortcake.

Fall and Winter

1.

Corn roast
Sweet potatoes
Cauliflower in cream
Whole wheat bread
Head lettuce—Celery
Figs and cream cheese.

2.

Baked potatoes
Baked onions
Creamed codfish
Whole wheat bread
Lettuce and tomato salad
Stewed figs or any fruit sauce.

3.

Potatoes au gratin
Brussels sprouts
Creamed parsnips
Whole wheat muffins
Any green salad
Cup custard.

4.

Sweet potatoes (with butter)
Corn (in a casserole)
Ripe olives
Celery
Johnny cake
Carrot and cottage cheese salad
Queen of puddings.

5.

Cauliflower au gratin
Creamed parsnips
Whole wheat bread
Combination salad
Nuts, raisins and figs.

6.

Creamed turnips
Home baked beans
Celery—Ripe olives
Corn muffins

Fruit and nut salad

Baked apple.

Or simpler still:

Carrots and peas

Whole wheat bread and butter

Combination salad

Cream cheese

Nuts and raisins.

Young turnips and asparagus

Whole wheat muffins

Lettuce and tomatoes

Cream cheese

Nuts and raisins.

Eat plenty of the latter combinations and it is all you need.

Now and then it is a good thing to leave out both bread and potatoes—thus having a starchless meal. At such a meal have a good fish or chicken, etc., thus:—

White fish

1.

Ripe olives

Young carrots

Green peas

Corn on cob

Combination salad

Charlotte russe.

Chicken

2.

Celery

Parsnips

Brussels sprouts—or savoy

Buttered beets

Head lettuce (mayonnaise)

Prune whip.

ARE YOU OVERWEIGHT?

There comes the voice of the overweight person who says: "What about me? I can't eat those kind of meals."

Oh yes you can. These "Two fresh vegetables and a salad" meals are just what you need.

Make your cream soups of skimmed milk and vegetable juice. Never eat a potato unless it is baked and never eat any kind of bread except whole wheat. There's a reason for this latter advice. Starch piles up fat. Boiled potatoes and white bread are pure starch. In their *natural* state potatoes and wheat are mineral laden and therefore alkaline. Your blood needs this mineral content of these foods to assist in the *burning* of the starch. Starch which is properly burned in the body is turned first into sugar, then into its corresponding acids and gases and is then carried off by the kidneys and lungs. Starch which is *not* burned is turned into sugar—then fat.

If you wish to reduce, eliminate the starches for a few days. When you get starch hungry eat a baked potato with your dinner. Never eat both bread and potato at the same meal.

You may have lean lamp chops or roast lamb or chicken or fish—a very little at a time. You may even have milk at your breakfasts and lunches—but

use skimmed milk. All the minerals are in the skimmed milk—the fat is in the cream.

Begin a systematic cutting down of the starches and increasing of mineral laden foods in your diet. "Two fresh vegetables and a salad" makes a splendid guide, plus the necessary protein. You will get this from your whole wheat and (skim) milk.

Do not use mayonnaise nor oil on your salads. Use a boiled dressing sparingly. (You can make a boiled dressing without flour.) Never use vinegar. Lemon juice instead. Eat plenty of fruit.

Go through the menus and select and change same for yourself on this plan.

Gradually eat a little less no matter how little you think you have been eating.

Remember your bread must be whole wheat. It is the starches without the mineral balance which do the damage. White bread does not nourish you but it does fatten you—eliminate it entirely.

Breakfasts and luncheons of skim-milk and fruit without sugar are the best thing in the world for you. (To this combination add *no other food*.) You will be sufficiently nourished and from these mineral laden foods your blood will gradually regain its alkaline element. As the blood becomes alkaline it will regain the power to burn the starch-sugars. Too much fat is one of the surest evidences of mineral starvation.

On the above system of diet you will not only feel better but you will gradually lose the superfluous fat.

A WORD ABOUT APPETITES

Hunger is the natural desire for food. It is present when the body needs nourishment. It is not a gnawing in the stomach. When hungry the saliva will flow into the mouth at the thought of food—any food.

The gnawing in the stomach is the result of wrong eating. The best way to cure this is to make a complete change in your diet.

Appetite is the cultivated desire for certain (so-called) foods. The more it is satisfied, the greater it becomes. The more you season your foods with highly spiced condiments, the more you will want to. Highly seasoned foods destroy the taste for finer flavors and natural foods. "Teach your palate to be a food artist and not a slave to salt and grease."

When one can get a rich, creamy mayonnaise why spoil the food value of a delicious salad with a highly spiced mixture, with its burning cayenne and puckering acid (nicknamed vinegar)?

The more you satisfy your craving for meat (or *any* certain food) the greater will that craving become. The woman with the tea habit or candy habit is no different than the drunkard.

The individual who is "always hungry"—who has a dissatisfied feeling after a meal and is always ready to eat again is on the wrong road. He should stop.

Eat nothing but fruit for two or three days and then make a radical change in his diet.

Cultivate a taste for delicate flavors and the things which are good for you. Invalids do this and often wonder why they didn't do it sooner. Often also they acquire a distaste for the strong (injurious) foods. Why wait until you are ill?

Don't you like roast beef or lamb or steak? If you don't—why eat them at all? If you *do*, why disguise the flavor with Worcestershire sauce or other highly seasoned condiments?

Why not eat the roast lamb and enjoy *that*?

“DON'TS” FOR THE CHILDREN

Don't give children fried potatoes.

Don't give them pickled beets.

(Teach them to enjoy the more delicate flavor of beets with butter sauce.)

Don't give them vinegar on salads nor on any vegetable.

Don't give them condiments.

Don't put sugar on their grapefruit—or any fruit.

Don't give them pie crust.

Don't give them milk and meat at the same meal.

Don't force a child to eat what he really dislikes—cultivate his taste along sane lines—*You can.*

PART IV
OBSTACLES AND SUCCESSES

XII

UNDERFED CHILDREN

In Detroit at the present time there is much talk about the malnutrition among school children. In New York the same condition was found several years ago. The condition is not confined to Detroit nor New York. It is a National evil. Why should it exist?

The Department of Health in Detroit, after making the tests, announced that the percentage of underfed children in some districts was as high as 20 per cent, and further stated that the greatest number of underfed children lay, not among the poor, but among the children of the well-to-do.

When the doctors were asked to explain why this condition should exist they were unable to answer. One theory advanced was that wealthy parents were prone to be lazy in the morning, and that the children through fear of being late rushed off to school with scant breakfast or with a cold, uncooked breakfast food.

Earnest, solicitous mothers resented this theory and its inconsistency is evident when we realize that the most delicate children are nearly always the recipients of the most solicitous care.

Mothers—you who know: call out in the loudest voice you can command to every other mother who doesn't know:—

“DELICATE CHILDREN CAN BE MADE STURDY IF THEIR FOOD CONTAINS THE BLOOD-BUILDING ELEMENTS.”

And these blood-building elements are found—not in the fancy, highly advertised package—but in the plainest of foods *in their natural state*.

Give these delicate children whole wheat bread, milk (about a quart a day) and plenty of fruit for six months and watch them thrive. Add to this if you wish some whole grains in the morning and one or two vegetables at dinner and the children need nothing else—unless some sweets in the form of honey, raisins and dates. (See page 104.)

There comes the voice of some indulgent mother who asserts that Jane is “very fond” of certain foods (possibly the injurious ones) or that she “won't eat” something else.

Perhaps you haven't thought of the fact that children's appetites are formed by what they are fed (though they will naturally like some things better than others). The baby who is gradually weaning will eat her prunes, her sifted carrots, her sifted spinach, her (ground) breakfast wheat and will love them, even if she does show extra glee when given a little honey.

Take that same baby and give her a mixture of flavors—humor her by giving her her dessert or some

jelly before her meal and she will push her wheat away and raise a rumpus. It rests with you. Begin at this stage to cultivate the child's taste for right foods. She learns to like what she eats.

Repetition is habit. All habits, good and bad, are formed by repetition. Abnormal appetites are formed in the same way. (The candy fiend is an example.) If a child has an abnormal appetite for chili-sauce, pickles, meat or strong food it is because she has already had too much of these foods. Her taste for fine flavors has been perverted.

To correct this and form the new habit—do not scold nor coax nor bribe. Simply put the food which is good for her on her plate. If she refuses to eat it let the matter pass *without comment*. Don't try to force her but *don't* give her the other food. If she eats little at that meal see that an apple or any fruit is within her reach if she should want it. (It is far better for her to eat nothing at all than to eat wrongly.) Keep this up—the right food will taste good when she is hungry. Disguise it if you wish. A date muffin may start the good work. The one thing she must eat is whole wheat bread. She may choose her vegetables and fruits and if she is fond of meat she may have a small piece twice a week. (For sweets—see page 116.) If she is pretty badly spoiled as to her diet it may be necessary for the entire family to try some of the simple menus on the preceding pages. It will pay.

Don't force a child to eat what he really dis-

likes—but cultivate his taste along sane lines. *You can.*

Keep a list of 100 per cent foods to which he takes kindly. Let them appear on the table often. Children do not tire of the same foods nor the same stories.

Apropos of what a correct diet will do for children, let me give you one illustration.

Mrs. M. is the mother of three children, the eldest is ten, the youngest three. Her brother is an osteopath practicing in Boston whose hobby is diet. He knows the value of whole grains and milk and gave to his sister a few peremptory rules—Result: *Those children have never known a single day's illness.*

Asked what she did, she replied: "Nothing much—they have all the milk they want and they have never seen a piece of white bread in the house."

The children have fruit, cereal (whole grain), milk and bread for breakfast. For lunch—usually a soup—or bread and milk—or bread and honey with more fruit. For dinner, a mixture of vegetables. One of the children is overfond of meat and has to be curbed. The family have meat two or three times a week. There is always a supply of granulated honey and the home-made cookies, etc., which children love.

One day her little girl came in with the horrified statement: "Mamma, I know a little girl who eats pickles!"

That conveys some idea of how perfectly the system works.

With the corner candy store she had her troubles. Finally she elicited the promise that they (including the father) would not buy candy provided they could have all the nuts, raisins and dates they wanted once a day—after school.

Both Mr. and Mrs. M. are musicians—hence have not climbed the ladder of wealth. She keeps no maid and she hates housework with a deadly hatred. (Did you ever see an artist who didn't?) In spite of this, however, twice a week her own tapering white hands make the whole wheat bread on which her children thrive.

Don't forget that these children are exposed to the same germs and epidemics to which her neighbors' children succumb, but their resistance is perfect. Moreover, the eldest child was handicapped at birth and through the first year of her life. It was not until the mixed diet was possible that she began to thrive.

It is quite worth thinking about.

XIII

THE GIRL WHO WORKS

Are you a girl who works, and—worse still—who rooms and eats in restaurants?

The problem is a harder one for you. To talk of whole grains, food values, mineral salts and vitamins and to be obliged to order your food in the average eating house is a joke.

Let us see if we can't work it out. Your breakfast and lunch will be easy enough.

For your breakfast—Milk and fruit. I do not say this because it is easy to manage, but because it is the best thing for you. (Read the chapter on the Semi-milk Diet.) Now and then some breakfast grains, if you can manage the cooking of the whole grain. With this you will be well nourished. You can't say that of the average breakfast of toast and coffee.

For your lunches—Milk and fruit or just fruit or whole wheat bread with something green; or any of the light lunches suggested in the Menu Section.

The problem lies in managing your dinners. If you cannot get access to a kitchenette or a gas plate, buy an electric grill. They are made with two and three compartments so that two or three things can be cooked at the same time. They cost twelve to

fifteen dollars. That is a lot of money, but you can save the cost of one in a short time by the difference in the cost of your meals, besides having what you want to eat. Perhaps two or three of you could share the cost of one and eat at some central point. (That's fine.) If not, then buy one on the installment plan and pay for it with the money you *don't* give the restaurant. Imagine going to the market and having for your dinner tonight fresh asparagus (or green peas) and tender young carrots and crisp head lettuce with olive oil and whole wheat bread and butter. You have no idea what this kind of food will mean to you and how soon you will wonder how you ever got along on chops and greasy fried potatoes. If you can also get a fireless cooker it will mean a great deal to you.

The one thing you can't manage on your grill is a baked potato. Slice them and boil in as little water as possible—don't drain—let the water boil into them, then add a little milk or when the water has boiled quite well down, add a generous piece of butter and keep turning them until deliciously flavored. Don't fry.

Now and then you can cook a *real* lamb chop or even a spring chicken and even then your meals won't cost you what they do at the restaurant.

Perhaps your landlady will object. This stumbling block will be met sometimes. But if you are scrupulously neat you can almost always get consideration for the sake of your health. I am not

talking impossibilities. These suggestions are practical. I have had the experience, having been without money and without a home.

Your biggest problem will be your whole wheat bread. (See "Bread" p. 47.) But if you value your health be sure to get it. Find a McFadden's Physical Culture Restaurant and buy it there or find some housewife who will bake it for you. Promise her a list of customers and *keep your word*. The bread is the most important of all.

At one of the leading battery depots in Detroit there are employed about eight or ten girls and twice as many young men. They have made an agreeable arrangement whereby they share both the cost and the work and have light nutritious lunches at noon. Five of those girls are rooming. They have now started getting their dinners there on the "Whole wheat bread, two green vegetables and a salad" plan taking their turns in preparing the meal. They eat promptly at 5:45, get through early and never wash the dishes at night. That part is the bugbear. The superintendent is very human, approves of the plan and doesn't object to their taking care of that part in the morning. He believes that they work better, and I think he is right.

Start a similar plan for yourself.

XIV

MARGARET'S THYROID

I know a little girl who works—a stenographer,—one of the dearest little girls I know—the personification of straightforward, unaffected sweetness. A rarity nowadays.

She has abounding, radiant health and therefore thinks my food hints are jokes. She loves to be naughty about it.

She is twenty years old, was raised in the country; has molasses candy hair, pink cheeks, a creamy skin and eyes that dance when she looks at you.

Whenever I see her with one hand behind her and her eyes unusually asparkle I know that the hidden hand holds a bag of chocolates or French pastry or some such.

One day about a month ago she happened to be sitting at the correct angle between me and the light.

“Margaret,” I said, “come here a minute.”

I put my hand critically up to her throat.

Instantly both her own hands covered it and a startled look came into her eyes.

“I know,” she said, “it’s a goitre, but it isn’t very big.”

"Oh, my dear," I pleaded. "Iodine in your food—iodine, iodine in your food."

Of course she laughed—her merry little bubble—and that was all that day.

Three days later she came to me of her own accord and with her eyes very serious for once:—

"Say, Lady dear," she said, "where can I get the iodine?"

"Chiefly in whole grains and green things."

"But I don't like that whole wheat stuff."

"Margaret, dear, you'll grow to like it. It's just a matter of habit. You'll grow to dislike white bread."

She looked dubious.

"Anyhow," I pressed. "Couldn't you eat a tablespoonful of whole wheat or brown rice every morning for the sake of your throat?"

"Ye-es, I suppose I could. What else?"

"Do you really want to try?"

She nodded.

"Well then," I said, "the poor little thyroid has been starving for iodine for a long time. Therefore the first thing you must do is to gather together all the iodine bearing plants you can think of and make a tonic which you will take every day for months."

"How?"

"Well, spring is just here—go to the market and get the green leaves of all the vegetables (except rhubarb. Never use rhubarb leaves. They are poison.) Get beets, turnips, carrots, young cab-

bage leaves, spinach, lettuce, celery, onions—everything. (Use some of the carrots too.) Cut them up (they occupy less space) and stuff a kettle full of them. Pour on hot water and let simmer three or four hours. As the heat shrinks the mixture, add the rest of the leaves. Get them all in. Drain off the liquor—you should have at least a quart—possibly more. Take a small cup of this every morning and evening. Also steep some bran and take that once a day.”

“Is that all?”

“No—that’s your tonic to make up for starving the thyroid. For your breakfasts eat the whole grains—as much as you can—whole wheat bread and fruit.

“For your lunches bring some whole wheat bread and get green things—watercress, celery, lettuce, radishes—or if you are home fresh peas or an ear of corn. Or just eat fruit and nuts and raisins for lunch.

“For dinners whole wheat bread, two fresh vegetables and a salad as the folks are doing now.

“And, oh yes, try to work in some unpearled barley in soups.”

She made a grimace.

“You see, dear,” I added, “none of the minerals come singly. They come together in vegetables, fruits and grains. But the *most* iodine comes in the green things and the whole grains carry a full supply.”

Ten days later she twinkled up at me saying: "I'll have to 'fess up—I'm beginning to like the whole wheat bread."

Of course she cheats a little now and then—for one thing she is a nibbler. Somewhere on her desk at all times you'll find a box of cherries or a package of raisins. I look the other way. If she must nibble, she can't go far wrong on fruit and raisins.

I wish it were six months later so that I might be able to tell you how her tonic and diet worked out. But one thing is certain: Her goitre can't grow any bigger. Not on that diet.

Just for the interest of you girls who work I want to say that Margaret is one of three sisters who work and who keep house together in a dear little flat. They take their turns at being housekeeper for a week. There is perfect harmony between them and they have a lot of pleasure in their little home.

They buy their whole wheat bread most of the time at McFadden's. Once in a while they get ambitious and make a batch of bread and always once or twice a week a pan of muffins or biscuits.

Yes, it is hard—but not any harder than cooking pork-chops and fried potatoes, and not half so hard as trying to exist on a restaurant diet.

XV

THE GENUINE "MILK CURE"

To take the genuine "Milk Diet" as it should be taken and to persist in it through a period of six to ten weeks requires courage, will power and perseverance.

The value of such a course cannot be overestimated to the person suffering from anemia, nervous exhaustion, emaciation, general breakdown, chronic ills, etc. It will positively cure ulceration of the stomach, diseases of the intestinal tract, abnormal appetites—even alcoholism. Almost any case of chronic misery can be permanently helped by it.

There are scattered over the country various sanitariums where the milk cure is given scientifically. The writer attended one of these on one occasion for six weeks with wonderfully beneficial results; and afterwards (having learned how) took the course right at home with equally good results and without even the attendance of a physician.

It is useless to attempt the course at all unless you obey every rule and are willing to tolerate some discomfort. It is a heroic measure and it is only those who have suffered much who are willing to go through with it, with the promise of restored health as their goal.

The general rule is six quarts of milk a day (with *no* other food) for six weeks. In extreme cases the length of time is extended to eight, ten and twelve weeks. If six quarts causes a looseness of the bowels the quantity is reduced to five. But six is the average, and must not be changed by caprice. The average person is severely constipated by less than six quarts. The more milk the looser the bowels. Obey Rule 4 and stick to six quarts.

The directions follow:—

It is best to stay right at home and rest. It is assumed that you are sick enough to do that. If you wish to gain in weight, stay right in bed. Nature is very busy taking care of six quarts of milk per day. There is no energy to waste.

1st. Twenty-four hours before starting on the milk take a dose of castor oil.

2nd. For one day eat fruit only—all you want, and any kind except bananas. No other food.

3rd. On the second day start at once on the six quarts a day. (Don't begin on a less quantity and work up.) A one-half pint glass of milk every half hour from seven in the morning till seven at night.

4th. An enema (about two quarts of water) every night.

5th. A quick hot bath every night.

It is a process of elimination as well as rebuilding. After ten days or two weeks you will begin to sweat. Possibly three or four spells every night. Then the real benefit begins.

After every glass of milk take a few drops of lemon juice or a little grapefruit. Milk must curdle before digestion takes place. The lemon juice assists this.

Drink the milk slowly, sip it. Some people take it through a straw.

Here's where your courage is needed. The first few days the milk may nauseate you. If so take a little lime water or (preferably) increase the quantity of lemon juice. This will pass away when your system gets clear of its poisons. Stick to your six quarts.

Most people get along all right for the first two or three weeks. You will not feel hungry—you are well nourished. But about the fourth week you will begin to feel bloated and uncomfortable. You may even have a smothered feeling and palpitation of the heart. Don't worry. In spite of the discomfort there will be ultimate benefit. Use your will power and *stick to the six quarts*.

Just as much care must be exercised in coming off the milk diet as in going on. You cannot go back on a mixed diet immediately. The first day eat fruit only and two or three quarts of milk. The second day take a quart of milk and fruit (without sugar) for breakfast and another quart and fruit for lunch. For dinner (preferably in middle of day), eat only one kind of food. No mixtures. You may have whole wheat bread and fricasseed chicken, all you want, or whole wheat bread and spinach, or a baked

potato with celery, etc. The second day you may add one article (a parsnip or carrot or celery with the chicken), etc. It is best to keep up the milk for the two meals for a week or two and for breakfast for some time.

You may add a whole wheat muffin or some whole wheat breakfast grain to the milk and fruit if you wish—but under no circumstances eat white bread or crackers or any patented “cereal.”

The trouble which ensues from this combination is not the fault of the fruit (without sugar) as is generally supposed. It is the starch which causes the trouble.

Immediately after coming off the milk diet you do not feel especially strong. After about a week you begin to feel like a new person. All the poisons have been eliminated from your body. The milk has made *new* blood which has been busy every minute rebuilding your tissues, and carrying off dead tissues thus fortifying your body against disease.

Don't go back on your old mistaken diet. Study the Science of Eating and live accordingly. Plenty of green things—and raisins. You will want iron.

The benefits of the milk cure are far-reaching. I knew a case of neuralgia of the optic nerve which had resisted all medical treatment for three years, cured in ten weeks, the emaciated patient gaining thirty-five pounds.

An osteopathic treatment once or twice a week while taking the milk is beneficial.

XVI

SEMI-MILK DIET

There are those to whom the taking of the genuine milk cure is an impossibility. There are others to whom it is not a necessity, but for whom a partial milk diet would do much.

To start drinking milk in a haphazard way, mixing it indiscriminately with your other foods will not do for you what it might do taken intelligently and regularly.

If you are run down, anemic, nervously exhausted, susceptible to colds, convalescent or merely underweight try the following for two months or longer. Everyone I know of who has done it faithfully has gained at least ten pounds and felt infinitely better.

1st. Prepare as for the genuine milk diet—obeying faithfully Rules 1 and 2.

2nd. For breakfast a quart of milk and fruit (without sugar) and a tablespoonful of bran.

3rd. For lunch—another quart of milk with more fruit, or an ear of corn or two baked bananas. (Fruit is best.) If in fairly good health you may also have a whole wheat muffin. But *no* white bread or crackers or refined cereal, or meat or potatoes.

4th. For dinner: Any sane mixture. (Consult the preceding pages.) The combination which will give excellent results is: Whole wheat bread with plenty of butter, two fresh vegetables and a salad.

The whole wheat bread contains all the protein which your body needs. There is also, in this simple mixture a balance of fats, carbohydrates and mineral salts.

Most of us have eaten too much and too carelessly. "Food Values" was an unknown quantity. On this semi-milk diet your eyes and complexion will clear, your step will quicken and there will be a perceptible gain in weight after the second week. The first few days you may not feel right—but this will pass away in less than a week.

One thing: The taking of a quart of milk at one meal sounds like a great deal to the uninitiated. Less than that will not do. Take it if necessary in two sittings. Upon rising take at once a pint of milk and your fruit—then dress for the day and take the other pint with your bran. The bran is necessary to prevent constipation. (Also, we might add, one or two glasses of milk are constipating; three or four are laxative.) Under no circumstances take a cathartic. An enema if necessary the first couple of nights, and an enema once a week all through the course.

When you have finished the semi-milk diet—eat sanely. It would be well to continue the milk

(three or four glasses) and fruits (without sugar) for one meal a day indefinitely.

The writer knew a young man who was discharged from the army because of ulceration of the stomach (caused from inhaling smoke). He was put on a straight milk diet—but not in quantities, neither did he stay at home. As an auto salesman he was very active. He drank a glass of milk about every two hours, whenever he felt the need. At a restaurant—anywhere. He ate nothing else and lost all desire for other food. He made the mistake of going back on a mixed diet too soon and was obliged to go back on the milk. He kept it up for over a year, gained in weight and pep and was thoroughly cured. Persistence did it.

Haphazard, intermittent, slipshod methods will never accomplish anything.

XVII

THE PERSONAL APPLICATION

One thing which always seems hard to understand is how some people read a book—any book—become enthused over its contents and yet fail absolutely to get the personal application.

I have in mind the case of a relative, a man about fifty, corpulent, overfed. He has achieved success and now like many others is spending his time and his money trying to find the road back to health.

I had learned that he was ill and the nature of his illness and had sent him a copy of "The Science of Eating."

Two weeks later I went to see him.

There he sat, his foot propped up on a chair, his joints swollen and aching, his face pasty, his eyes pathetic in their dull misery.

Almost immediately he began to enthuse about the book I had sent him.

"That's great stuff!" he said. "That fellow knows what he's talking about."

"The most convincing book I ever read," I replied.

"Oh, he's got the dope right—and he's got the proofs," he answered.

After a while I said to him: "What are you doing for yourself, John?"

"Doing?" he answered. "What is there to do? I've been here now for over two months. I've had three doctors on the job and I've taken a gallon of dope—but I can't see that I'm a d—— bit better."

"It looks to me like a result of acidosis," I said.

"Yep—that's what Doc says—too much acid in my system."

"Did he say anything as to the *cause* of the acid?"

He shook his head.

"What are you eating?"

By this time his wife had come in—prim, precise, smugly confident, unassailable in her household methods. She answered for him.

"The doctor says to eliminate red meats and to give him plenty of fresh vegetables."

"Well, for instance," I said, "what did you eat for dinner?"

"Let's see," he answered. "I'm a pretty good eater, you know. I had my own share of roast lamb, some mashed potato, some cauliflower, a dab of jelly and a piece of celery."

"Any bread?"

"Yep, a couple of pieces of bread and a piece of Annie's cake."

"John," I said. "Have you any brains?"

"Some," he grinned. "Why?"

"What's the use of reading a lot of facts and recognizing them as facts if you don't apply them?"

"What's the use of having a doctor if he don't——"

"Yes, John, but he hasn't. Now use your own brains for a minute and listen to me. You have just finished reading 'The Science of Eating,' then you know the story of the one hundred and ten sick sailors on board the steamship *Kronprinz Wilhelm*."

He nodded.

"What made those sailors sick? It was proven beyond a question of doubt that their food was the cause. And what had they eaten? Meat, potatoes and white bread; meat, potatoes and white bread over and over for nine months with some canned vegetables thrown in for good measure.

"All that stuff is acid-forming and when their bodies were sufficiently saturated with acid they collapsed. Now, John, what is the difference between the sickness of these men and your own trouble? Perhaps there is some difference in the symptoms, but the *cause* is acidosis, isn't it?"

He agreed.

"And the only difference between your collapse and theirs is that yours was slower in coming about. Call it rheumatism or nervous breakdown or anything you like—it is acidosis just the same—caused by your acid foods,—meat, boiled potatoes and white bread. You gave yourself a dab of cauliflower and celery and fruit and so on all through the years. That gave you some mineral salts but not enough. Your acid foods always predominated and so the acids gradually piled up in your body until the small

amount of off-setting foods which you ate was as nothing compared to it."

"I don't think I quite 'get you.'"

I repeated the illustration of the Soda and Cream of Tartar explaining that one was an alkali, the other an acid (see p. 18) and then went on:

"You see, John, some of your foods form acids and others form alkalis (or bases) in your body, and there must be enough bases to neutralize the acids. The sailors on the *Kronprinz Wilhelm* didn't get *any* bases and they collapsed in nine months. You've always been pretty lucky in getting the off-setting foods so it took you forty years to go to smash. But, John, every time you had a severe cold, or a sore throat, or the grippe, or any of those things the cause was the same. Too much acid, broken down tissue, no resistance."

Here his wife interrupted to say:

"But everybody has always eaten meat and potatoes and bread and butter."

"No they haven't, Annie, not white bread. (Those who have are showing the results.) Forty years ago the present milling processes were not in existence. It is the present generation which is suffering the consequences of white flour. Why, Annie, if the people knew and would cut out white flour products alone and go back to whole wheat it would be comparatively easy to get a balanced diet without thinking much about it."

While his wife and I discussed the value of whole

grains and steamed vegetables and the "why" of it all, John had picked up "The Science of Eating" and was glancing through it.

"Well," he broke in. "You evidently have been thinking about this stuff some. Suppose you had a dose like mine, what would you do?"

"Do?" I said. "I'd turn to page 206 of that book you're looking at and I would take *exactly* the prescription which Mr. McCann gave the sick sailors on board the *Kronprinz Wilhelm*."

He looked blank.

"Can't you see, John?" I proceeded. "Those sailors' bodies were overloaded with acid, so is yours. In order to neutralize that acid you must get your body saturated with alkalies, as found in nature. Mr. McCann wanted those sailors to get these alkalies faster than they could eat them, so he gave them in solution. Why shouldn't you do the same thing? Forty-seven of those men were on their feet in ten days! You won't respond so quickly. Your trouble came on more slowly and insidiously. But it is the logical answer just the same."

"I believe you're right," he said in a tone of decision after a few minutes of pondering.

"Of course!" I said. "It's logical. And I'd say the same thing to anyone who had a heavy cold, or any other of the lesser effects of acidosis. The mineral salts (or alkalies) as found in natural foods taken in solution will cure acidosis."

There ensued a discussion between his wife and

myself as to the preparation of the prescription and as to John's subsequent diet.

John took the "cure." It was slow work but being convinced he persisted. It took three months to get any real results and six to effect a cure—but John says he knows he would be lying there still if he hadn't started on the logical course.

Almost all of us have had an oversupply of acid-forming foods. Study your own case and don't wait for a collapse to emphasize the need. Give yourself and the adult members of your family an oversupply of concentrated (liquid) alkalies. Do this for weeks or months if the need is evident and then continue to balance your meals. Let this become fixed habit. Let it become gospel to you.

XVIII

THE STORY OF THE

KRONPRINZ WILHELM

Previous to the war the *Kronprinz Wilhelm* was a palatial transatlantic passenger steamship belonging to the North German Lloyd. In 1914 it was converted into a German raider and sent out on the high seas to sink merchant vessels bound with supplies to the Allies. Leaving Hoboken Aug. 3, 1914, its officers and crew thoroughly understood that they could not again touch port until the war was over. They were out at sea for nine months before the tragedy which we are about to record occurred to their men. During this time they captured, bombed and sunk fourteen vessels. Each of these vessels was robbed of its food and fuel supply before being sunk. From each of them the Germans took practically the same things. Plenty of white flour, white biscuits, sweet crackers, butter (or oleo), potatoes, canned vegetables, fresh meat, condensed milk, tea and coffee, and refined sugar.

Two of the vessels sunk were bound for Liverpool with whole cargoes of fresh meats. These the Germans crammed into their own perfect refrigerator system. (Some they salted and corned.) They

had meat enough to feast upon and to last them indefinitely.

Two other vessels were laden with cargoes of whole wheat. From these the Germans took only the available white flour, butter, potatoes, and canned vegetables, ham, bacon, etc. They sent the precious wheat to the bottom. If the Germans had known what was going on in their own bodies, if they had known the priceless value to themselves of the phosphorous, potassium and calcium salts contained in that whole wheat, they would have gathered and stored and guarded it as so much unalloyed gold.

But the Germans did not know they were sick. They did not know that the absence of these minerals was slowly robbing their tissues of life and bringing about a condition of acidosis, which would eventually cause 100 of them to drop without warning, paralyzed, to the deck.

They were eating typical American meals—plenty of fresh meat, boiled or mashed potatoes, canned vegetables, white bread and butter (or oleo), tea and coffee with sugar and condensed milk. These in various appetizing forms they ate three times a day plus a substantial mid-afternoon lunch. Out in the fresh air of the open seas “fed up” with these typical American meals they should have been feeling very fit indeed.

They paid little or no attention to lesser ills or symptoms of lowering vitality and it was not until

the conditions became extreme and the men completely incapacitated that the ship's surgeon (Dr. Perrenon) became seriously alarmed. Some of the men collapsed after they had been out six to eight months but in April, the ninth month, they began going down like tenpins at the rate of two to five a day; some of them keeping up until the last minute and then dropping helpless to the deck; 110 of them were down. Dr. Perrenon found himself totally unable to relieve the suffering of the men. One thing he knew: That he must make a dash for some neutral port at once or they would be out on the high seas manned with 500 dead bodies. Accordingly they headed for America and on April 11, 1915, arrived at Newport News in the James River after having been out on the high seas just eight months and eight days.

Immediately on their arrival the best medical aid of New York City was called to their relief. Every one else was barred from the ship.

Mr. Alfred W. McCann was at that time working on the *New York Globe*—conducting a campaign to educate the people in food values and food science. Mr. McCann had devoted a lifetime to the study of malnutrition and its causes and was therefore most intensely anxious to get on board the stricken ship. He was close to several high officials—but although he pulled every wire he knew of both in New York and Washington he could not break the ban. Newspaper men were especially barred.

He brooded. Rumor said there was beri-beri or something very closely resembling it on board that ship. What had the men eaten? Mr. McCann was doing his utmost to fight the white flour evil of America. Was this perhaps the very lesson he needed to prove his point?

His work was in the interest of humanity. He resorted to stratagem. He had a card printed with the name of an eminent physician, hired a launch and climbed on board the ship—presenting his card. He was ushered at once into the salon where sat the twelve medical men in consultation.

But almost immediately on entering he was recognized by a New York health officer who sprang to his feet and said: "Gentlemen, this man is not a physician—this is McCann of the *New York Globe*."

Mr. McCann knew that it was not a moment for courtesies—neither was there a moment to lose. He replied that he *was* McCann and that he was there because he was a student of malnutrition. And if there was beri-beri on that ship why all the hysteria and secrecy when there were hundreds of cases of the same nature in New York City—due to the same cause.

He said just enough to interest the ship's surgeon, Dr. Perrenon, who stepped forward and extended his hand saying: "Mr. McCann, I will hear all you have to say when these gentlemen have finished."

When the doctors had finished their consultation and returned to the city Dr. Perrenon and Mr. Mc-

Cann discussed the situation in detail. Mr. McCann called the former's attention to certain findings made by Dr. H. C. Sherman of Columbia University and of other men of equal courage and repute in which it was proven that a diet of demineralized, degerminated foods would bring about a condition of malnutrition of greater or less gravity, depending upon the extent of the cause.

It was then shown in discussion that every item of food which the men had eaten had been acid-forming—meat, boiled potatoes, canned vegetables, white bread and butter (or oleo), cheese and sweet biscuit. There had been absolutely no alkaline element. The alkaline necessary for the body to function had therefore been taken from the tissues, bones and blood of their own bodies. The blood and tissues of the men had become thoroughly saturated with acid.

What then was the remedy?

Dr. Perrenon asked the question. Mr. McCann replied that since the bodies of the men were saturated with acid the logical remedy would be to give them vegetable alkaline as fast and as freely as possible. He therefore suggested that they be given in solution. The men would be able to get the alkalines in greater quantities in this way than by eating. Definitely his suggestions were:—

1st. That one hundred pounds of bran be steeped in 200 pounds of water and a large glass of the liquid fed to the men each morning.

2nd. That all kinds of available leaves and vegetables be scrubbed (not peeled), boiled, the liquid fed to the men as soup in generous quantities (vegetables thrown away).

3rd. That potatoes be scrubbed and peeled; the potatoes thrown away, the peelings boiled and the liquid given to the men—a small glass once a day.

4th. That the men should have milk, egg-yolk, and fruit in prescribed quantities; also a small amount of whole wheat bread and after a week of above treatment, the vegetables of the soup.

Under no circumstances should they have any acid-forming food.

After due deliberation Dr. Perrenon decided that since the men had thus far resisted all medical treatment it would be wrong to withhold from them the alkaline treatment. This decision was made and the treatment started on April 16th. Up to that time the men were still going down at the rate of 2 to 5 a day.

On April 17th there were no new cases. Neither were there any from that day on. In four days the men showed a marked improvement and in ten days 47 of them were dismissed from the ship's hospital and one of the completely paralyzed victims was able to stand on his feet without help.

Dr. Perrenon expressed astonishment and satisfaction at the completeness of the cure and said that the lesson in food values would not be lost to Germany.

Mr. McCann reported the facts in detail to the Surgeon-General at Washington believing that here at last was the proof which, if spread broadcast would open the eyes of the public. We were not then at war with Germany and Bernstorff suppressed the incident. Thus the public has not yet learned the danger to their bodily resistance of living on a demineralized, degerminated, denatured diet.

“But”—comes the question from someone—“Why don’t these typical American meals have an equally disastrous effect on the Americans who eat them?”

The answer is this: We at home who eat the occasional apple, or piece of celery, or lettuce, etc., give to our bodies *some* alkaline (mineral) element which is greedily taken up by the tissues, thus postponing a breakdown. The acid-forming meals such as the Germans ate (meat, boiled potatoes, canned vegetables, white bread and butter), gradually rob the tissues of resistance. The small amount of alkaline (mineral) element taken prevents complete collapse—but leaves us susceptible to every ill that blows.

There is no such thing as “Sudden death.” The process was slowly going on for a long time previous to the collapse.

The Germans had *no* “offsetting” foods and it took just nine months to break them. They didn’t know they were sick until the break came.

Beri-beri is the extreme end of mineral starva-

tion. There are many stopping places this side of beri-beri.

What a wonderful race of sturdy upstanding men and women we would be if we ate the foods as Mother Nature prepares them for us—containing all food elements *in the right proportion*.

THE END



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GEORGE H. DORAN COMPANY *Publishers* New York